



Be in the Know...Be Well!

May 2021

Vulnerability

Practice, patience and consistency are important in maximizing the benefits of therapy but at times the journey to wellness can be overwhelming. In hopes to reduce burn out, Be Well Psychotherapy thought it would be helpful to create a newsletter that can support individuals and families in focusing their attention on specific themes. Being that change takes courage, it felt fitting to start with discussing vulnerability.

While watching Brene Brown's Netflix special *A Call to Courage*, I felt inspired to share her lessons. In her special, she talks on how important vulnerability is when one hopes to live a mindful and joy filled life. Although it can be a risk to share one's feelings or take a step into uncharted territory, without vulnerability, it is challenging to move towards betterment.

While having courage takes strength, we often neglect to be grateful for the small wins we have in our daily lives. By using gratitude, Brene believes that we are able to focus our attention to the positive whispers life brings. Getting to work without hitting any traffic, feeling the sun's warmth hit our bodies, getting ten minutes to do absolutely nothing and having a good laugh over a silly joke are just a few examples of moments we often take for granted.

Thinking of this upcoming week, how can you intentionally notice these small yet powerful moments? I invite you to challenge yourself one day this week. Maybe setting a reminder on your phone to help you refocus as our busy lives quickly take over.

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Another great way to savor these fleeting moments is to practice the skill Brene calls creating a Picture Memory. Whenever you connect to a grateful experience, pause and take a few deep breaths. Really look around, get vulnerable and see if you can feel the moment using all of your senses then close your eyes and take a Picture Memory. If you enjoy journaling, try taking a few minutes at the end of your day to describe what you experienced and how it felt to be completely in that moment. Writing not your thing? Share it with a loved one!

Actively choosing to practice vulnerability can support our ability to stop and appreciate the good things in life whether big or small. I hope that this challenge and the newsletters to come encourages you to search for the joy we often seem to miss and provides you with an opportunity to be mindful.

Until next time,

Sofia Neves-Gilcher, MA, LAC

Be Well Psychotherapy, LLC

Sofia has over ten years of experience working with children, adolescents and adults in school and clinical settings. She uses a person centered approach that focuses on Mindfulness, Positive Psychology and viewing the client holistically. As a Therapist at Be Well Psychotherapy, Sofia meets the client's needs by creating a safe space for them to find their inner balance and create joy in their day to day experiences. Sofia specializes in anxiety, communication skills, goal setting and building self-esteem.

PS- If you have not already done so, watch Brene Brown's Netflix special *A Call to Courage*! It is a beautiful conversation that opened my mind up to many possibilities.

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