



MARIETTA ROSWELL
COUNSELING

WWW.MARIETTAROSWELLCOUNSELING.COM

678-691-8130

MONTHLY MANTRA

"Believe you can, and you're
half way there" - Theodore Roosevelt

HEALTHY HEADLINES

IT IS ALL ABOUT ATTITUDE:

Many of us are struggling with all the changes in our current lives and the uncertainty of when things will start to look a little like the old normal.

Being aware of our negative self-talk and learning to challenge our cognitive distortions to replace them with a more positive outlook helps us better handle life challenges.

CBT (Cognitive Behavioral Therapy) is a powerful technique used by our counselors to build awareness and guide us in shifting our brain towards healthier thought patterns.

CLINICIAN'S CORNER



ONLINE SCHOOLING...

MRC is helping families set a healthy routine around home living, working, and schooling. Having the right tools and mindset to maneuver your new situation will help you keep peace and harmony in your home. Do you have a plan?

Learn what a BEA (Behavioral Expectation Agreement) is, how to create one and implement it as a family.

Debbie Weitz, LPC, is also offering a free online ZOOM session to parents Aug 21st at 12pm with tips on how to set your family for success in this new lifestyle.

Contact us at management@mariettaroswellcounseling.com

PROFESSIONALS' PICK

DARK CHOCOLATE IS SO NUTRITIOUS!

It is the new healthy treat! Choose a high quality dark chocolate with at least 60% cocoa!

Dark chocolate is a powerful anti-oxidant. It helps with brain function, may reduce heart disease risk, improve blood flow & lower blood pressure!

HEALTHY CHOCOLATE DESSERT:

Ingredients: (1 Person)

- Any fresh organic berries or fruits
- A little water or liquor
- Nuts
- Cinnamon powder and/or ginger

- 1) Wash the fruits and dice
- 2) Cut the chocolate and put into a bowl with a little water or liquor
- 3) Zap in the microwave for 20-30 seconds
- 4) Mix the melted chocolate
- 5) Add the fruits, nuts, & cinnamon and ginger powder to taste- Enjoy!



COPING SKILLS CONNECTION



"FAIR FIGHTING RULES"

- Ask yourself, what are you really upset about?
- Take a few deep breaths to re-engage the logical part of your brain.
- Address one issue at a time.
- Express your feelings clearly and take responsibility for them.
- Do not use degrading language or yelling- Be respectful.
- Take turns talking.
- Listen carefully and try to see the issue from your opponent's perspective.
- It is not always about being right.
- Try to find a common ground.

SUPPORT STARTS HERE!

CALL US: 678-691-8130

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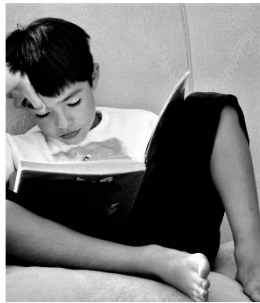


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SEEING THE LIGHT! STRUGGLING WITH ONLINE SCHOOLING?

MRC is Helping Families Set & Implement Healthy Routines:

Creating a Behavioral Agreement
with the Family
Detailing Life & Work/Study
Routines
Ensuring Healthy Communication
Assisting in Conflict Resolution
Guiding Successful
Implementation of Routines



INDIVIDUAL OR GROUP ONLINE SESSIONS

BUNDLE PRICING AVAILABLE

678-691-8130



TO VISIT OUR WEBSITE, CLICK ON <https://mariettaroswellcounseling.com/>
IF YOU NEED HELP OR INFORMATION ABOUT OUR SERVICES, CLICK
HERE <https://mariettaroswellcounseling.com/counseling-and-coaching-services/>
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