

October 1, 2016

## Greetings from H.E.A.L. Holistic Counselling News

### We Are Live

As of August 1, 2016 H.E.A.L. Holistic Counselling is open and accepting new clients. We offer therapeutic counselling in person and through video conference using Skype or Facetime.

We offer training and consulting in the areas of mental health, family violence and sexual abuse.

#### In this issue:

- We Are Live
- Why Avoiding Issues Doesn't Work
- Why Holistic?
- Regulating Your Breathing

### Avoiding Issues Doesn't Work

Mental health is a topic avoided by many people. The fear of the unknown keeps people stuck and afraid to make a change. Life happens and people manage in the manner in which they are taught. Amongst other things, your mental health affects your physical health. If you are worrying about things, you will notice tension in your shoulders, back and maybe jaw. Even if you try your best to stay busy and focus on other things in life.

Why does this happen? Because the only way out of this is to go through it. If people could forget about painful memories, they would and life would be easier. This is not reality. As human beings we can face the storm and talk about the experiences we have been through. Talking allows people to create an understanding of how these experiences have affected who they are. This creates the ability to take charge of your life and become the best version of yourself possible.



Helping Everyone At Life [healholisticcounselling.ca](http://healholisticcounselling.ca)

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## Why Holistic?

We believe people are comprised of 4 human aspects, their mind, body, emotions and spirit. To completely be well these 4 areas need to be balanced. This is how we view optimal wellness. In addition we also look at a persons environment. A person needs to have a space where they feel safe and comfortable, and are able to be at peace.

Many people try to forget about their emotional self and then wonder why their mind races and belly aches. If your emotions are being neglected and ignored your mind and body will try to compensate. The emotional and mental self are easily ignored because you can't see when they are ill, however, when you have an open wound on your foot you can see this and recognize you need medial attention.



*Our Logo Was designed after the bird of paradise flower. To symbolize healing and growth.*

## Regulating Your Breathing

Everyone breathes. This is how humans stay alive, but there is more to breathing than the simple inhale and exhale. You can regulate your mind and your body through your breathing. Pay attention to your breathe for one week. Many people hold their breathe frequently for small periods of time which creates unneeded stress.

*Discuss.*

*Understand.*

*Resolve.*

*Heal.*

