



Patchwork Therapy Newsletter:

Holiday Nerves Edition



Fear Beyond The Spooky Season

Fear is...

- An emotion that looks out for our safety and wellbeing
- Our reaction to sensing both imagined and real danger
- Can come with physical sensations like shortness of breath, rapid heartbeat, and sweating
- Our bodies might try to create safety with automatic responses like fight, flight, freeze, and fawn
- Scary things happen, but everything that's happening doesn't need to be scary. There are ways for us to coexist with fear and Patchwork Therapists are here to help.



A Note from Andrea

Fear and anxiety are normal human emotions. In fact, they are essential to our survival and are a part of our basic instincts. Fear and anxiety cause us to question whether food is spoiled, if snakes are poisonous, if people or situations are safe. Without fear and anxiety, we would possibly pet a Strawberry Poison-Dart Frog (they are beautiful, look it up) and not like the result. But, our instincts tell us to proceed with caution. Sometimes, however, anxiety and fear can be triggered when things aren't objectively or truly dangerous, and that's when the stress of those things can interfere with life. Our brains don't know the difference between the poisonous frog or the harmless spiders you may be afraid of, so it sends the same warning signals to keep you safe. We can be grateful for our brains for trying to protect us, but also recognize we need some help calming that fear-based reaction when things aren't so dangerous. Building coping skills and healthy and supportive relationships can really help when anxiety and fear start to take over. Take a look at some of the ways that can help you understand and manage your or your children's fears and anxiety. And, enjoy the rest of the year beyond the Spooky Season.

Best,
Andrea



Coping Corner

Find A Rainbow- practice grounding skills by looking around your space for items of each color in the rainbow. As you ground yourself, you might find that you start to feel calmer and more present.

Fear During The Holidays

The holidays can be a tricky time of the year for many people. We juggle a lot including time with family, responding to expectations around you, and walking into the unknowns of a new year. It makes sense for this time of year to be daunting. Here's some input from our therapists about preparing for the season:

- Set your boundaries now to make them easier to follow in the future
- Have a plan or create a plan for what the holidays will look like
- You are allowed to feel all of the feelings during the holidays- not just the happy ones
- Your self-care still matters when things are busy
- For changing families, great opportunity to create new traditions while also respecting old
- The gift of time and attention are usually the best gifts of all

Parenting Perspective

As a caregiver we can head into the holiday season with so many expectations of how we want the coming days to go. Remind yourself to pause and reflect on the things that are important to you, or even your own worries about the holidays. Being honest with yourself can allow you to become more present within the season to soak in all the memories you are about to create.



Resource Recommendations

- Therapist Uncensored podcast (Episode 81) elaborates on the process of setting a boundary that sticks, and the byproduct of increasing our self worth. Often, when we think about setting a boundary we focus on stating our needs in a confident voice and then managing the guilt (spoiler: it's not guilt!) that comes with saying no. The information shared in these episodes give you a step by step process to literally protect your peace with emotional regulation and effective communication skills. After listening, you will walk away with a new tool you can immediately put to use when navigating a tricky relationship or just everyday life



Check It Out

Wellness Wednesdays Videos

- Time management
- School Refusal
- Meeting our team

See Us In The Wild

- Thankful Tree at Brewpoint Craft November 14th-28th
- Stardust Bowling Alley November 14th, 7:00-8:30pm
- Youth Outlook November 22nd, at 2pm
- Elmhurst Tree Lighting December 5th, 5:30-7:30pm
- Library Talk February 13th, 7:30-8:30 pm

Please reach out if you'd like more details!

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