Mental Break Counseling Services
NEWSLETTER

August Edition — **Vol 13**



As August arrives, many of us feel the familiar shift in the air. Whether you are preparing your kids for a new school year, facing the return of a busy work schedule, or simply trying to hold onto the calm of summer, transitions can stir up a mix of excitement and anxiety.

This month, we want to focus on carrying a sense of balance into your daily life.

Practice Updates & Important Reminders

- New Katy Location: We are thrilled to open our new location in Katy, Texas- 3107 Elrod Rd. Suite B Katy, TX 77449
- Katy Hours: Monday-Friday 9am-4pm, Saturday 9am-2pm, and Sunday 10am-2pm

Let's Connect

We are here to help you navigate whatever season of life you find yourself in. If you are looking to start or resume your therapy journey, we have a clear, secure booking process to get you the support you need. Booking is easy through our online portal at mentalbreakcounselingservices.com. Or, feel free to give us a call.

TIP OF THE MONTH

Transitions often bring cognitive overload. Before the academic and work calendars are in full swing, try a guided 10-minute "Brain Dump."

1. Write it all down: List every upcoming task, worry, and schedule change.
2. Categorize: Group tasks into categories like Urgent & Important, Later this Month, and Delegate.
3. Breathe: Take a step back and tackle only one item from the "Urgent" list.

By putting thoughts on paper, you transition cognitive load into an actionable plan.

UPCOMING LOCAL WELLNESS EVENTS

Want to stay connected to your mental health outside of sessions? Consider checking out these upcoming local Tomball/Houston-area events:

- Summer Experience Youth: Wisdom & Worth Youth Summer Workshop | Know Yourself Mon, Aug 3 • 9:00 AM, Houston,TX, Tracy Gee Community Center
- You're The Assignment: 1 hr. Workshop for mental health wellbeing and resources for children and adults | Free - Sat, Aug 1 • 11:00 AM, Houston, TX, Katherine Tyra Branch Library
- Breakfast & Brotherhood Community Group: Men only | Free - Sat, Aug 15 • 10:00 AM, Houston, TX, The ALLICE Collective for Mental Health & Community Engagement