



NEWSLETTER

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November is that in between seasons month, its not quite winter enough, its just starting to get a little cooler out & the clocks change back an hour.

Its a good time for us all to shuffle things around, make little changes and take steps forward on our journey.

Embrace the change, see the wonder in nature as the leaves shift and a magical array of colour & change happens.



HELPFUL SLEEP TIPS

- Lower body temp - keep your sleeping environment cool
- No artificial light - keep your room in darkness or natural light
- Turn off electrical devices - all the way off. Consider unplugging anything that is not needed.
- Keep your phone away from the sleeping area. If it is not needed, keep it out of the room.
- Engage in some serotonin producing activities during the day such as outside time, massages, exercise and cold showers.

WHAT IS EMDR ?

Eye **M**ovement **D**esensitization and **R**eprocessing.

Extensively researched with numerous controlled studies, It's proven to be an effective integrative treatment approach. For Trauma, as well as many other mental health problems such as Panic Attacks, Disturbing Memories, Stress Reduction and Performance Anxiety.

EMDR uses Standardized Protocols with the goal to discard the negative emotions, beliefs and body sensations associated with the problem causing experiences.

Storing only the emotions, understanding, and perspectives that will lead to healthy & useful behaviours and interactions into the future.

For more information check out www.emdrCanada.org.



RESOURCES

Emotional Intelligence is proving to be a sought after and resourceful tool. Both personally & professionally;

We created a specific page focusing on this, with more info to come on future workshops and more on what EI is.

<https://www.darutherycentre.ca/eqpractitioner>



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DON'T BE AFRAID OF CHANGE,
YOU MAY LOSE A FEW THINGS
BUT YOU MAY GAIN
SOMETHING BETTER



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