

# 6 HOURS

## To A Better Relationship

### **PARTINGS**

**1**

Make an effort to learn one thing about your partner's day, before saying goodbye in the morning.

10 MINUTES PER WEEK

(2 minutes a day x 5 working days.)

### **APPRECIATION & ADMIRATION.**

**2**

Use a journal and record something small you notice and connect it to a trait you admire in your partner.

35 MINUTES PER WEEK

(5 minutes a day x 7 days.)

### **DATE NIGHT**

**3**

During your date ask open-ended questions and focus on turning towards each other. Making "we time" is a relaxing and romantic way to connect with each other.

( 2 HOURS ONCE A WEEK. )

### **REUNIONS**

**4**

When you see your partner again at the end of the day, share a hug and kiss that lasts at least 6 seconds. Afterward, have a stress-reducing conversation for at least 20 minutes.

1 HOUR AND 40 MINUTES PER WEEK.

(20 minutes a day x 5 working days)

### **AFFECTION**

**5**

Make sure to embrace each other before falling asleep(cuddling or a goodnight kiss). Think of this as a way to let go of minor stressors built up throughout the day.

35 minutes per day ( 5 minutes a day x 7 days.)

### **STATE OF THE UNION MEETING**

**6**

Spending one hour per week discussing areas of concern with the relationship gives couples the space to communicate fears and concerns in a way that makes them feel heard and loved instead of feeling neglected.

1 HOUR ONCE A WEEK

# Healing Anxiety In An Ever-Changing World

Anyone else feeling anxious lately? Or maybe for the last 2.5 years straight? If so, you're not alone! This has been a tough season and it doesn't seem to be letting up anytime soon. Doesn't it just feel like one hit after another? Unfortunately (or fortunately) it seems more important than ever to learn how to take care of ourselves and our anxiety rather than wait for circumstances to get better. But how do we do this? How do we learn to care for our anxious selves instead of simply holding our breath until things get better? Let's start here!



## Understanding Your Anxiety

Anxiety happens when a part of the brain, the amygdala, senses trouble. Its intentions are good - it thinks it's helping warn us of danger. It wants to keep us safe. However, what makes it anxiety, not stress, is that the danger message is inaccurate or of a level disproportionate to the situation.



## Lead Yourself To A New Location

Once we have spent time with our anxiety; understanding it, being curious with it, and responding to it, it might be time to gently lead our scared younger self to a new place mentally, physically, or emotionally. We can move our brains and our bodies away from the all encompassing fear, and towards another train of thought or experience. Since we have already addressed and worked on our anxiety, we can give ourselves permission to move on.

## Breathing Techniques:

Box Breathing  
Alternate Nostril Breathing  
Pursed Lip Breathing

## Be Curious About Your Anxiety

Be gentle with yourself as you work with your anxiety, and ask yourself questions about why the anxiety might be present. What is my brain saying to me? What does this feel like? What can I feel in my body? Have I ever felt that feeling before? Has anything happened recently that made me feel funky?

## Respond To Your Needs

Once we can gather more information about the messages of our anxiety, let's respond to our needs, the way a parent responds attentively to a scared child. We might need reassurance, validation, comfort, shifted attention, soothing. Think of our anxiety as our scared younger self, and our most adult self as the one meeting our needs and soothing our scared little self.

## Anxiety Hacks & Quick Tips:

- Remind yourself: Just because I think it, doesn't mean it's true.
- Exercise - Get your heart rate up.
- Prioritize sleeping 8 hours.
- Start tracking what your anxiety is saying to you.
- Set aside worry time, and allow your brain to worry at that time.

# Relational Help In A Season Where Relationships Are Everywhere.

It's that time of year where a lot of our time is spent with our families, and that can be a great thing for some, but for others this can be challenging. Regardless of the type of family we have, there is likely an area of growth that is needed. While some families avoid issues and struggle to communicate authentically, others may struggle to get through a meal without a fight breaking out. Wherever you find yourself in this spectrum, we hope we can provide some insights and tips to help with struggle areas for you when it comes to your family this holiday season.

## Boundaries with Parents Could Look Like

- Communicating lifestyle & schedule preferences.
- Saying no
- Stating you're ready for a conversation to end if you start to feel uncomfortable.

## Boundaries with In-Laws.

- Stating parenting philosophy
- Asking your partner to support set boundaries.
- Being transparent on when they can and can't get involved in certain scenarios.

## Boundaries with Other Family Members

- Attending family events because you want to, not because you're pressured to.
- Not allowing family members to comment on aspects of your life, you don't feel comfortable discussing.
- Identifying and sharing expectations of what you want in your relationship with family members.

## Need Space for Reconciliation Or Repair?

- Set up a peaceful & uninterrupted space.
- Tune in to what the other is saying.
- Recognize patterns.
- Take responsibility for your role in disagreements.
- Set intentional goals for the conversation.

## If You're Needing To Prep Kids

- Remind them: They are loved and supported, and that can sometimes look different from. different people.
- Ask them: Do they know who to go to if they feel uncomfortable. ( who is safe?)
- Check-in with your kids
- Help your kids speak and advocate for themselves.

# 4 STEPS

When Getting Triggered With Our Families.

1. Label the trigger. What is it? Where did it come from?
2. Normalize its presence. Reduce fear around it being present.
3. Remind ourselves: That was then, this is now. Stay present.
4. Take a deep breathe.



# New Year, Same Me

The new year is well underway, and with it comes a standard of self-improvement - and also comes the saying, "New year new me". It is our nature to grow towards wholeness, biologically, psychologically, and emotionally, but what if this new year is not about creating a new you? What if, instead, we used this new beginning to unearth the parts of ourselves longing for a chance to see the light? All too often, there are pieces of you and me being blocked or hindered by pain, shame, or misunderstanding. That is okay - in fact, that is the place you need to be in to discover healing. At Cultivate, our desire is to help you heal, grow, move forward, and find clarity on the next steps so that the "you" that's been concealed in darkness can walk into the light of day. We choose to see people not only for who they are in the present but for who they can be, and who they will be when they decide to do the work of becoming whole.

## How Do I Know If I Should Go To Therapy?

Everyone can benefit from therapy! Whether it's for a season or a longer-term journey. We intend to normalize therapy so that anyone can attend therapy without shame or embarrassment. By choosing therapy, you are giving yourself the gift of hope and healing.

## What Is Therapy Like?

Therapy offers a unique and individual experience, allowing people to bear witness to their true selves through a therapeutic lens.

## What Can I Work On In Therapy?

The time in therapy is yours. You are the expert of your own life and we want you to feel empowered to advocate what you want to work on in your session. There are no wrong answers or stupid questions. What you work on can range from relationships, major life transitions, grief, trauma, emotions, childhood experiences, and so much more!

## What To Expect When I Go To Cultivate For Counseling?

We hope that Cultivate will feel like home. Our offices, both La Mesa and University Heights, are located intentionally in neighborhoods where everyday life is happening, creating an atmosphere that is warm and inviting, inside and outside of the building. You'll meet with one of our highly trained therapists who balance clinical work with your specific therapy needs and goals.

Basically, we want you to know you belong here at Cultivate..



# We Broke Up.. Now What?

FROM THE THERAPISTS AT CULTIVATE  
cultivatesandiego.com

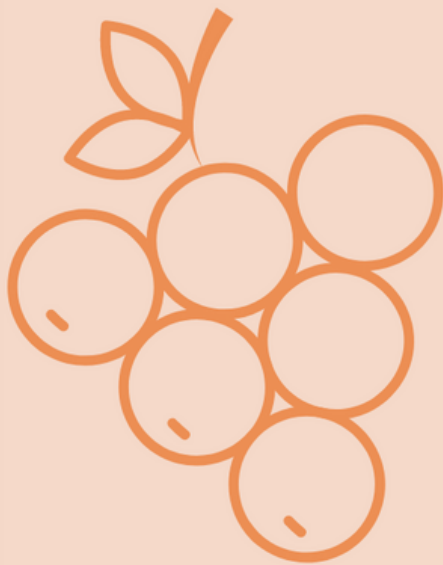
## Reconnect with your core values

### REFLECT & REMEMBER:

- HOW CONNECTED WERE YOU TO YOUR VALUES?
- WHICH VALUES WERE SHARED? WHICH WEREN'T?  
HOW DID THAT IMPACT YOU?
- ARE YOUR VALUES DIFFERENT?
- HOW CAN YOU TAKE THIS INFORMATION INTO FUTURE RELATIONSHIPS?



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## G.R.A.P.E.S.

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### **G- Gentle to yourself**

- AFFIRMATIONS
- TIME & SPACE

### **R- Relaxation.**

- DEEP BREATHS
- SELF-CARE

### **A- Accomplishments**

- GO TO THERAPY
- EAT SOMETHING

### **P- Pleasure**

- DO SOME OF YOUR FAVORITE THINGS

### **E- Exercise**

- MOVE YOUR BODY

### **S-Social**

- TALK TO FRIENDS & FAMILY

## The R's of a Breakup

### 2. Release

SLOW & STEADY  
READJUST & TAKE TIME FOR YOURSELF  
GIVE YOURSELF GRACE  
(IT'S OKAY TO STILL MISS THEM)

### 4. Renewed

BE PROUD OF YOURSELF!  
REMINDER: SOMETHING CAN HOLD YOU BACK, BUT KEEP GOING.  
BE READY FOR THIS NEW JOURNEY!

### 1. Reminiscing and Retracting

FEEL YOUR FEELINGS!  
(IT'S OKAY TO !)  
WHAT WILL YOU MISS?

### 3. Rebuilding

PROVE TO YOURSELF YOU CAN DO THIS WITHOUT THEM  
DO THINGS TO BETTER YOURSELF.

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