

THERAPEUTIC PRACTICES FOR MENTAL HEALTH

Finding Inner Peace

Living in alignment with your values helps you achieve inner peace. If there is an incongruence, it will create turmoil emotionally, mentally, and physically. Make a list of what you value most and think about how often in the recent past you have put energy and attention towards those things. This will be different for each of us.

It can be helpful to work on a growth mindset. This is the belief that we are constantly evolving and learning as humans, which means making a mistake is helpful. A fixed mindset, on the other hand, is when you believe you are how you will always be and that your abilities are unchangeable. A growth mindset will allow more flexibility, inner calm, and can lead to more self-compassion. Focus on the lessons that come from challenging moments while being kind to yourself.

Another important practice is emotional regulation. The goal is not to suppress or get rid of any emotions; it is to physically calm your body to allow feelings to move through so you can decide how you want to react. Emotions are information for your body; if you can acknowledge the emotion without judgment, it can help with feeling grounded and less stressed or overwhelmed. Some ways to regulate your body include deep breathing, prayer, meditation, visualization, patterned repetitive movement, changing body temperature, muscle relaxation, or exercise.

Contentment should be the goal for your everyday life. Most people strive for happiness, but like other emotions, happiness is a temporary state of being that ebbs and flows. Contentment is more sustainable and is a general satisfaction for what you have in your life, knowing that it isn't all perfect and that you still have goals to work towards. Try utilizing a gratitude journal and focusing on three tiny moments that evoked positive feelings throughout the day.

Inner peace will not happen overnight, but slowly incorporating therapeutic practices as well as spiritual practices to help you understand and regulate your emotions, aligning with your beliefs and values, building self-compassion, and understanding through a mindset shift will allow you to move towards a calmer state of being that is rich in connection, self-awareness, balance, and focus.

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RESOURCES FOR MENTAL HEALTH

At any given time, more than 20% of Americans are struggling with their mental health. It may not be your struggle, but it affects your neighbors, family members, friends, and colleagues. Even though these challenges aren't uncommon, they can leave folks feeling isolated or without hope. We want to change that.

Nick Finnegan Counseling Center strives to provide affordable and accessible counseling services to anyone regardless of differences such as age, finances or beliefs.

Counseling can help during times of crisis but is not limited to just those moments. It can also help reduce day-to-day stress and gives you the chance to talk about what's going on in your life with someone who is professionally trained and unbiased about your situation.

Nick Finnegan Counseling Center (NFCC) a ministry of St. Luke's United Methodist Church

Make an appointment at the
Nick Finnegan Counseling Center
2714 Joanel St., Houston, TX 77027
713-402-5046



If you or someone you know is having thoughts of suicide, there is help:

Suicide & Crisis Lifeline:

- Text or call 988
- Chat at [988lifeline.org](https://www.988lifeline.org)

Crisis Intervention of Houston, Inc. Hotline

- Adults: 832-416-1177
- Teens 832-416-1199 (call) or 281-201-4430 (text)