



# Smart Therapy

## Winter 2017 Newsletter

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## What's New @ Smart Therapy

Happy New Year! 2016 was a year of growth for Smart Therapy. Throughout the year, we have expanded our team of providers, service menu and product lines and hope to continue the trend in 2017! You can follow our updates as they happen on Facebook, as well as our website (SmartTherapyGroup.net) under the news tab. We continue to grow because of your support... so thank you on behalf of all of us at Smart Therapy!

Smart Therapy is excited to welcome a new addition to our team. Bevie LaBrie, Licensed Marriage and Family Therapist, joined us in November. Bevie is also a Certified Art Therapist. Her experience ranges from trauma to marriage and family therapy. You can learn more about her on our website under the Counseling Team. We are very excited to have her on board!

Maja LeBon has expanded her hours and is now available Wednesdays, Thursdays and Fridays for counseling appointments.

Trina Throckmorton is now accepting most major insurances for therapeutic massage.

As mentioned in last quarter's newsletter, we have now added distance counseling to our list of available services. Distance counseling takes place through video chat from the comfort of your home or office. Many insurance companies now reimburse for

distance counseling, though individual benefits may vary.

Smart Therapy continues to expand the products we have available to clients. Quality is our primary consideration in the brands we carry, affordability is a close second. We are getting new Doterra products in monthly and can special order any not currently in stock. We will also be adding some Life Extension brand supplements to our available products.

Smart Therapy will be offering a variety of classes on health and wellness related topics in the new year. If you have any suggestions for classes or groups you would like to attend, please let us know.

On behalf of all of us at Smart Therapy, thank you for a great 2016 and we look forward to serving you in 2017!

Candace Smart, Owner



### Winter Specials

Check out our Winter specials on products...

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### 5 Steps to Making Healthy Changes in the New Year and Beyond

Learn 5 tips to make reaching your goals a breeze.

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## Get to Know Us

Each quarter we will highlight one of our providers so that you can learn more about us. In this issue, we get to know Trina Throckmorton!

Trina joined the Smart Therapy team this past June. She has experience with accident, injury and relaxation massage. She also has a background in mental health and is skilled in providing therapeutic massage for those who have suffered trauma, depression, anxiety and more. Trina is one of only a couple massage therapists in the Spokane area that is skilled in Warm Bamboo Massage. If you haven't tried it yet... you are missing out!

Trina was raised in Spokane. While she has moved away for short periods in her life, she always returns to call Spokane home.

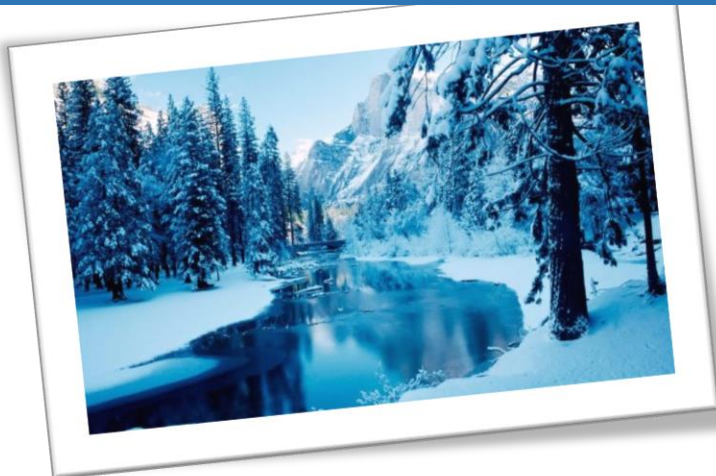
Trina is a woman of many talents. She enjoys playing volleyball. Loves animals and traveling. Music, especially singing and the guitar, is also a passion of hers.

Massage is a field Trina was drawn to because it allows her to help people in pain. Clients that have suffered physical and/or emotional trauma are very near and dear to her heart. She has become very skilled at helping clients improve their physical and emotional well-being through massage therapy.

Trina is now credentialed with most major insurances.



To learn more about Trina or to schedule an appointment visit her webpage at <http://www.smarttherapygroup.net/wayne-lindell.html> or call us at 509.466.0226.



## Winter Specials

### January

#### 10% OFF On Guard Essential Oil

Use On Guard essential oil to prevent cold and flu, as well as keep sickness from spreading through your household or office. It can also be used to disinfect surfaces in the place of harsh chemical cleaners.

### February

#### 15% OFF Herbal Rest-Aid

Trouble sleeping? Have muscle strain or tension? This is an organic and natural muscle relaxer. Made from organically grown herbs that have been known to promote feelings of calm and relaxation.

### March

#### 10% OFF ALL Essential Oils

Excited for Spring? So are we! Stock up on all your favorite essential oils this month while they are on sale!

# 5 Steps to Making Healthy Changes in the New Year and Beyond

By Candace Smart, MS, NCC, LMHC, CNC

Whether your self-improvement goals come in the form of a new year's resolution or not, most of us have at least a few healthy changes we would like to make. How many times have we dove passionately into some healthy new habit, only to return to our old ways after a few weeks or months? Change is hard. So what can we do to make lasting changes? Here are 5 steps to help you make healthy, sustainable changes in your life.

## Step 1: Set Realistic, Attainable and Specific Goals

This seems like it should be a no-brainer, yet many of us struggle with these things.

Realistic is obviously a relative term. What may be realistic for you, may not be realistically attainable for me. Set your own goals in accordance with what you want and can reasonably achieve. Don't compare yourself to others. There will definitely be things we admire in other people, but we are not them. It is admirable to continually work on self-improvement, however if my goals are based on fitting into the mold made for someone else, chances are it's not going to go well. Even if I make myself fit in that box, I won't be happy because I am not being true to myself. I may take pieces of what I admire in others and adapt it to me. That is very different than trying to change who we are to more like someone else. It may be hard to differentiate at times between what is realistic for us. For example, my husband is a salesman. He is great at marketing himself, talking to strangers and typically leaves social gatherings with at least one new friend. I, on the other hand, am pretty quiet and reserved. I enjoy being social, but prefer small groups of close friends. Walking into a stranger's office to market myself and my product sounds like about the last thing I'd want to do. I admire many of the outgoing qualities my husband possesses and I would love to possess some of these same qualities. However, it is unrealistic of me to expect that I will ever be like he is. I am not him. I don't have the same personality or qualities and that's ok. I may strive to be like my husband in a few subtle ways as I challenge my comfort zone. I may even get pretty good at some of those skills. However, I will probably never enjoy marketing like he does. For me, it will always be something I can do, but don't enjoy.

Set measurable goals and avoid words like "better," "more" or "less." Instead of "be a better friend," try "reach out to at least one friend every week." Instead of "read more books," try "read at least 1 new book per month." Use specific terms of measurement so that you know what it takes to reach your goal. Vague terms lead to vague results.

Attainability is also very important. Lofty goals can be motivating, but when they are unrealistic and unattainable then we end up disappointed. We feel bad about ourselves even though we set ourselves up for failure from the beginning. While most of us would love to drop 20 lbs by next month, this is typically not a realistic goal. Let's say I set this goal and work really hard on my diet and exercise over the next month. I lose 12 lbs from my efforts. I feel incredibly disappointed because I didn't even come close to my goal. For many, this alone is enough to give up completely. Let's say instead of 20lbs, I set a challenging, and yet still attainable goal of 10 lbs in one month. Now when I look at those 12 lbs I lost... I'm excited and proud that I not only met my goal, but exceeded it by 2 lbs!

## Step 2: Don't Try to Change Your Whole World Overnight

Every one of us has at some point launched into a big change that turned our world upside down. We start out passionate, excited and "all in." Then somewhere in the course of the following months, weeks, days or sometimes even hours, that passion fades and we slowly slip back into bad habits. Sustainable change doesn't happen overnight. I understand that patience, for most of us belonging to the human race, is not one of our strong suits. However, for big changes... slow and steady wins the race. Start with small changes within your overall goal... which just happens to be step 3.



## Step 3: Break Each Goal Down Into Smaller Pieces

When we start working on a new goal the first step is to start thinking about what we need to do to accomplish it. This is sometimes very daunting, especially for long term goals. Often, we start to feel overwhelmed at this point and end up not doing anything. Instead, keep your focus on the end goal because that is what is going to motivate you. Then work backwards until you get to the first thing you need to do to start working on your goal. Once you know what the first step is, forget all the subsequent steps. Focus solely on step one and your end goal. Once step one is done, then repeat the process to determine step two, step three and so forth. Break it down into manageable pieces. If it is still overwhelming, break it down even further.

For example, perhaps my goal is to work out at least five days per week. Currently I work out about once every two weeks. Remember Step 2: Don't try to change your whole world overnight. If I go from working out once every two weeks to five times a week starting tomorrow, I am going to be too sore to move and probably quit before the first week is out. An extra challenge to my goal is that my schedule is very full. I work long days and often have inconsistent hours. Like many of you, I have a family with children and a home to care for as well. I determine that a reasonable first step for me is to increase my

workouts to once every week. After a few weeks when this increase is no longer a challenge, I will look at taking another step toward my goal. Next, I will commit to two workouts per week. After a couple more weeks, two workouts are part of my routine and reasonable for me to accomplish. Next, I am going to commit to three workout per week. Perhaps finding the time for three workouts every week is a bit more challenging than the first couple steps. Maybe it takes me a month or two to feel that this is easy to accomplish every week before I move on to the next step.

Progress may not be as fast this way, but it will be sustainable. The ultimate goal is to create new healthy habits toward a healthier lifestyle.

### Step 4: Hold Yourself Accountable

Many of us struggle to hold ourselves accountable for our goals. Accountability helps motivate us to keep going and makes us more likely to follow through to completion. It's important to find your own methods of accountability because what may work for me, may not work for you. What does accountability look like for you? Only you can answer that, but let's look at some possibilities.

### Tell Someone What Your Goals Are

Research has shown that simply telling someone else what we are working towards makes us feel more obligated to follow through.

### Put It On Your Schedule

If your life is anything like mine, an open window of time to preplan my family's meals for the week, take an hour of "me time," or squeeze in an hour at the gym is not just going to magically appear. I have to make the time. An easy way to do that is to put it on my Google calendar just like every other appointment I need to attend.

The calendar alert option can also be a great way to remind yourself to do something like take a new supplement you are trying or search for a new healthy recipe.

### Create Consequences For Not Achieving Your Goals

Don't go to crazy in this department. However, setting up consequences for not achieving our goals can be very motivating. For example, if I set a goal to organize my closet over the weekend, I may set a consequence that if I don't complete it by 3:00 pm on Sunday then I have to scrub the

shower and tub in my teenager's bathroom (probably my LEAST favorite chore ever!).

### Step 5: Reward Yourself

Many goals are a reward in themselves once we've attained what we set out to do. Rewards can also be a motivation along the way as you work your way through all those smaller steps toward your big goal. Rewards can be just about anything that make you feel good. Your favorite coffee, a manicure, an hour to read that new mystery novel you've been dying to start, a drive in the country.

My only caution is don't make the reward counterproductive to your goal. For example, if my goal is to reduce my sugar intake, a reward of an big chocolate brownie is not a good idea.

My goal is to continue to assist others (and myself) in the journey to happier, healthier lives. I hope that these steps are helpful to you and that 2017 is filled with health and happiness!

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