

Aging Well Newsletter

Lutheran Counseling Services



Spring Cleaning: What Do You Want To Let Go of in Your Story?

As spring begins to bloom many of us begin taking inventory of our homes and cleaning the messes made in winter. We open our closets, air out the dust on our furniture, and retire the sweaters we've held as symbols of comfort when the temperature dropped. Like the spring cleaning that takes place in our home, this time of year is wonderful for taking stock of what is useful and not useful in our lives. With the season of lent we happily sacrifice things we have held dear as a memory for what has been sacrificed for us. How many of us, however, really dig deep within ourselves to search for sacrifices from our personal stories that no longer serve us? The mantra that I am not good enough. The fear that people don't like me. During this season we have the opportunity to look at our stories and cast aside the old ideas that we may be comfortable with, but no longer serve us. Some ways we can do this internal spring cleaning are: keeping a journal of our negative self-talk, speaking with others who know us to get new perspectives on ourself, using positive mantras throughout the day, and of course, seeing a counselor for individual or group counseling. May this spring cleaning be happy and productive for you all!

“What I know for sure is that when you declutter – whether it's on your home, your head, or your heart – it is astounding what will flow into that space that will enrich you, your life, and your family.” -Peter Walsh

AGING WELL

TRY THIS TIP!

Prayer Journal

Take a moment to intentionally reflect on your relationship with God and what He would have for your life.



Services to help!

LCS is happy to be offering services at Lutheran Haven, Plymouth and Calvary Towers. LCS offers both group and individual counseling for these older adult communities free of charge. We know it can be challenging at time to take on the hard work of personal growth and “spring cleaning” on your own. That is why we have counselors available to help address any number of challenges you may be experiencing. For more information reach out to the counselor at your community, or call or email us. We look forward to being a part of your personal journey!

“What we fear doing most is usually what we most need to do” -Ralph Waldo Emerson



Lutheran Counseling Services, Inc.
is a non-profit organization. To
support our mission to make
mental health support more
accessible, go to:
<https://lcsfl.com/how-to-help/>



(407) 644-4692 or lcsfl.com

BRAIN FUN ZONE

Spring Break Word Search

Happy Spring! Challenge your brain by looking for these spring themed words.

SPRING BREAK

U	U	V	A	F	J	Q	T	J	E	M	F	Z	D	L	I	Y	R	G	X
Y	T	E	V	M	R	Z	S	K	H	D	X	T	S	N	I	H	X	J	C
U	U	T	B	L	O	S	S	O	M	S	H	W	W	Q	L	R	N	Z	N
T	X	S	Q	E	E	N	T	U	L	I	P	S	S	L	M	O	Q	J	X
M	U	L	T	E	H	Z	I	E	E	S	B	U	S	H	R	A	T	B	T
C	S	U	N	S	H	I	N	E	X	A	E	B	P	U	D	D	L	E	S
W	K	A	N	K	X	M	R	R	U	I	M	B	G	O	P	T	D	I	I
L	S	A	E	L	J	P	X	C	A	R	O	D	Q	J	E	R	S	U	O
J	Q	R	C	D	Y	Y	J	R	E	P	D	J	K	S	A	I	G	B	N
R	A	I	N	B	O	O	T	S	T	L	X	A	W	K	W	P	I	M	S
D	U	G	K	D	B	G	V	A	C	A	T	I	O	N	D	H	H	A	Y
B	G	A	M	E	S	K	N	B	J	N	A	L	I	R	P	H	X	H	O
H	U	H	V	B	W	B	C	J	F	E	C	D	X	B	T	C	P	E	W
J	W	J	M	Z	Y	S	T	F	R	D	U	F	S	Y	P	P	A	E	J
O	S	L	E	E	P	I	N	G	I	N	W	J	P	F	C	P	C	M	R
H	A	V	P	L	Y	M	D	H	E	M	X	B	R	E	H	F	O	Q	Z
Y	N	Q	T	L	H	C	V	X	N	Y	I	F	I	N	R	M	J	T	M
A	N	Z	V	L	T	E	Y	W	D	C	W	S	N	E	B	V	L	L	M
W	T	N	H	F	C	V	C	P	S	Y	K	I	G	C	O	K	M	D	R
C	A	I	O	Q	S	E	B	I	P	E	Z	N	O	P	Y	O	F	Q	F



SUNSHINE
VACATION
RAIN BOOTS
ROAD TRIP

AIRPLANE
SLEEPING IN
FRIENDS
SPRING

BLOSSOMS
GAMES
PUDDLES
TULIPS

