

Aging Well Newsletter

Lutheran Counseling Services



Relationships

In July we are talking about relationships and relationship discord. This includes relationships with partners, friends, family members, and professional connections. Relationships are an important part of our lives, and any discord can create many different feelings like anxiety, anger, fear, or loneliness. We may also be in a place where we do not have as many relationships as we would like. It can be difficult to build, maintain, and lose relationships, and external factors like a pandemic or changing phase of life can make this more difficult.

An important part of relationships is communication. It can be difficult to talk about how we feel and what we need, so we have

provided some tips the “Aging Well” section to help you learn new skills or practice skills you already have. It can also be helpful to check in with a mental health expert who will be able to help you build effective communication skills. Feeling alone or isolated can be very difficult. Reach out to LCS if you are struggling with your relationships, and our therapists can help you find ways to connect better with those around you.

“We can improve our relationships with others by leaps and bounds if we become encouragers instead of critics.” - Joyce Meyers

Services to help!

LCS is currently offering an on-call service Monday-Thursday from 9am-5pm. The on-call service offers free 15 minute consultations with a therapist at (407) 644-4692 ext. 5. LCS has created video resources for our older-adult program on our website. We have guided meditation videos, self-care tips, and at home recreational therapy activities, in addition to other awesome resources. Go to <https://lcsfl.com/lcs-response-to-covid-19/page.html> or ‘like’ us on Facebook to see these resources. Seniors First clients have access to free mental health services. Call us to find out more.

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/>

AGING WELL

TRY THIS TIP!

- Use this formula when talking to people: “I feel _____ about _____, I need _____.”
- Take time to gather your thoughts before confronting someone
- Sometimes a misunderstanding can lead to bigger arguments. Practice reflecting what someone is telling you before responding. For example “it sounds like you are saying _____, am I understanding that correctly?”
- When making new friends, be open and curious about people. That will help you find a shared interest to talk about.



(407) 644-4692