

Aging Well Newsletter

Lutheran Counseling Services



A New Year Begins!

Happy new year! The past couple of years has held new challenges for most of us, but a new year brings with it so many new possibilities. Whatever you decide to focus on this coming year we at LCS would be honored to be a part of that journey.

Lutheran Counseling Services is focused this year, and every year on helping people change their stories. We all have parts of our journey so far that we carry with it, the good, the bad, and the in between. At LCS we help individuals of all walks of life create the story for themselves that they would like to have. We are only too happy to be by your side as you journey into 2022!

“The measure of intelligence is the ability to change” -Albert Einstein
Services to help!

LCS is currently offering an on-call service Tuesday-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. We are always here and happy to help however we can!

AGING WELL

TRY THIS TIP!

10-10-10

Take time to write three lists for yourself. Write down 10 things you're grateful for, 10 things you enjoy spending your time on, and ten goals for the new year. Let this be the beginning of your story for this year and remember to be intentional with your time and energy.

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/>