

Aging Well Newsletter

Lutheran Counseling Services



Be the one to inspire!

July is here marked by hot summer days and mid-afternoon showers. July is the month that we at Lutheran Counseling Services would like you to reflect on inspiration. We see inspiration all around us. When, for example, we

overcome a struggle in our life we serve to inspire others to keep trudging through their own challenges. We inspire people through our acts of kindness, courage, and faith. Everyday we have an opportunity to seek inspiration to keep on keeping on in the world around us, and everyday we can be an inspiration to others.

In this balmy summer month remember that your story, no matter what chapter you're on, is inspiring. We are all unique in our experiences and we all have the ability to teach others through our individual wisdom.

"What lies behind you and what lies in front of you, pales in comparison to what lies inside of you." - Ralph Waldo Emerson

Services to help!

LCS offers an on-call service Monday-Wednesday from 3pm-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!



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Counseling
Services

Lutheran Counseling Services, Inc. is a non-profit organization. To support our mission to make mental health support more accessible, go to:

AGING WELL

TRY THIS TIP!

Write Your
Story

Journaling is one of the many ways we can reflect and grow. Try spending some time each day to reflect on experiences that have taught you lessons in life and write them out as a record of your inspirational journey thus far!