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TALK THERAPY WITH VERA | JAN 2023 NEWSLETTER



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*Loving yourself starts from now*

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## Welcome to 2023!

We're happy to welcome you to Vera's first newsletter of the year! Each newsletter will be sent out to support the changes in your life and remind you that there is support here for you. **Feel free to share it with a friend in need, click on resources that will benefit you, email me with your thoughts or book a consultation to go deeper together.** *Thank you for subscribing!*

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### Coping with January Depression

Anyone feeling the anxieties and pressure of putting so much weight on the beginning of the month? Somehow society's message of setting goals and resolutions and cleaning up our habits can sometimes do us more harm than good. But that doesn't mean we shouldn't do it if we feel compelled. -->

leading to one of the most daunting days of the year...Blue Monday (typically the 3rd Monday in January).

Believe it or not, Blue Monday was created in 2005 during a press release from a British travel company, Sky Travel, during a PR stunt based on an equation to figure out the most depressing day of the year.

Regardless of the truth of this day for people, this season can still come packed with blues and struggles to get back into a routine.

***How can we protect our mental health this week and during these challenging winter months?***

**I spoke with Jennifer Hsiung on CP24 Breakfast about overcoming the blues after the post-holiday slump.**



## Coping with January Depression

I spoke with Jennifer Hsiung on CP24 Breakfast about overcoming the blues after the post-holiday slump.



Here are some strategies that can support your mental health:



## Don't get bogged down with your New Year's resolution

Respect your timing. We are surrounded by shows of ambition and ideas of success, but it is just as important, if not more important, to truly define that for yourself. Let your own experience and personal data about yourself lead the decisions and ideas around what you will do with your time and energy around this time. You are enough!



## Stop making comparisons on social media because we are only seeing small glimpses of people's successes

Social media can be great sometimes for tips and different ways to see the world, but more often than not, it can encourage consumption and avoidance of our emotions. Social media presents an incomplete story about others that can skew the truths we tell ourselves. Be conscious of this and try to minimize mindless scrolling.



## Get outside and exercise

Movement helps activate dopamine and reduce cortisol levels that persist when sitting all day or staying indoors for too long. Take breaks throughout the day to do some stretches, dance around the living room (if you work from home), or go for a walk to change the scenery.

4

## Reach out to your support system

Ask for support! All of us are in the same position, and the shifts only happen when we support one another and normalize doing fun activities or seeing each other. Be conscious of being flexible and offer each other choices and changes in activities while committing to spending time together.

5

## BONUS: Make meal prep easy!

One more bonus way to help get through the blues is eating well and making meal prep super easy! Check out this delicious recipe below for a slow cooked Thai Chicken and Coconut Quinoa Stew!

Slow cooker recipe for Thai Coconut Chicken stew featuring bok choy, sweet potato, grape tomatoes, and quinoa.

EASY  
SLOW  
COOKER  
RECIPE!



[CLICK HERE FOR THE RECIPE!](#)



As this season unfolds, make sure you make space to check in with yourself and reflect on what is working for you and what isn't.

You don't have to do this alone! If you want to recommit to your therapy goals or growth in general, book a free consultation with me and let's talk!

[Book a free consult here!](#)

Found this newsletter helpful? **Make sure to share it!**

Wishing you a balanced season of warmth and care,

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Talk Therapy with Vera

Your Toronto Asian Mental Health Advocate

- Consultant, Media Expert & Speaker
- Supporting you from anxiety to carefreeness!

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P.S. If you are a new therapist or someone considering starting their private practice, I am enrolling for my new Therapist Coaching Program!

Learn more [here!](#) We start April 3, 2023.

**Click here to learn more about my  
Therapy Coaching Program**

(for therapists looking to get support in their private practice or looking to start one!)

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**For adult children  
in the Asian  
community.**

**AWWA**

**Accepting Who We Are**

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Max Participants between 6-8 people.  
Intake Assessment required.

**A supportive group program** on how to navigate your emotions dealing with your critical, demanding and intrusive parents.

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### My Mission:

“End anti-Asian racism and reduce mental health stigma by supporting my clients to process their trauma and helping them to build confidence.”



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