

HELIOS NEWSLETTER



HAPPY
NEW
YEAR!



As we come to the end of the holiday season and the start of the new year, many folks make goals about improving their finances, particularly as we get those holiday bills. According to a 2021 Pew Research Center study, financial security is tied to psychological distress.

Sometimes improving our finances and our mental health can feel as though they are goals at odds with each other. It seems as though taking care of one's self demands spending money that we may not have available to spend.



If finances are stressing you out, it can help to practice some self-care. The good news is that there are many free or inexpensive options...

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Libraries are a great place to obtain free resources to care for ourselves. Not only books, but magazines, movies, and resources as well. I have even borrowed a metal detector or gotten seeds for my garden! Coloring or drawing can help your brain relax, even if the results on your page are not fantastic. There are many free drawing tutorials online.



Caring for our physical body can also be helpful; take a walk or visit one of our area's many parks.

Remember, a Scandinavian proverb reminds us "There is no such thing as bad weather, only bad clothing." If spa-type self-care is more your speed, try finding some recipes online using kitchen ingredients. I like making a simple body scrub using sugar or salt and olive oil.



Calling a loved one, decluttering your space, or journaling can also be great options. There are a lot of journaling apps available. I like the free version of Day One. Whatever your style of managing stress, there are some low cost options available. If you are struggling to identify some, I hope this list is a good jumping off point or that we at Helios can help.



-Article by Abigail Lewis, LMSW

Contact Us!

☎ (586) 863-4000

✉ info@heliospsych.com

🌐 heliospsych.com

Locations

Chesterfield: 30472 23 Mile Rd, Chesterfield MI 48047

Troy: 625 E. Big Beaver Rd, Suite 200, Troy MI 48083

