

# HELIOS NEWSLETTER



## *June Renewal: Mindfulness Practices for Inner Healing*

Mindfulness is often a topic in therapy.

The practice of being fully in the moment is one that can help alleviate stress, decrease depression and anxiety, as well as improving focus, and sleep quality.

Sign me up! Some of my favorite mindful practices are meditation and yoga.

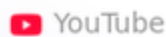


There are many resources for both skills. Yoga for Adrienne is a Youtube channel with free yoga videos. She has classes focusing on decreasing stress, or managing anxiety. Yoga is for everybody and any body.



### Yoga With Adriene

WELCOME to Yoga With Adriene! Our mission is to connect as many people as possible through high-quality free yoga videos. We welcome all levels, all.



Meditation can be as simple as closing your eyes and focusing on your breath. If your mind races, it may help to remember what our psychiatrist Dr Patel says, "You are only responsible for clocking in and clocking out. What happens in between is not your responsibility."

If you prefer a guided experience, try out the apps Insight Timer or Headspace.



-Article by Hyatt Almarsoumi, LLMSW

### Contact Us!

☎ (586) 863-4000

✉ [info@heliospsych.com](mailto:info@heliospsych.com)

🌐 [heliospsych.com](http://heliospsych.com)

### Locations

Chesterfield: 30472 23 Mile Rd, Chesterfield MI 48047

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

