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RMThompson & Co.

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# What's Happening at RMThompson & Co.

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RMThompson & Co. is gearing up for the holidays. In this edition of "What's Happening at RMThompson & Co. we will share the some end-of-the-year updates, mental health tips for the holiday season, our merch, and much more. We are excited for what's in store for the upcoming year.

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## Gearing up for the holiday season.

RMThompson & Co. is gearing up for the holiday season. We hope you are excited about it and looking forward to spending time with loved ones. We have exciting plans for the new year and cannot wait to share them with you. We are continuously looking for ways to improve

our support and services to you. Please provide feedback and leave a Google review. You all have been amazing with referrals and we cannot thank you enough for continuing to bring the RMThompson & Co. vision to life.

*-Dr. Thompson*



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# Looking Forward to a New Year

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## "Winter Blues"

We have all experienced continued shifts during the pandemic. As we now move into the holiday season, it is important to be aware of how you feel.

Winter depression is the reality for so many each winter. Research states that the winter months can be the hardest months for people. Often times the winter weather and the days with less light can throw us off our schedules. Most people start to experience the symptoms of the "winter blues" during late fall. Some of the symptoms are sad mood, change in sleep pattern, and loss of appetite.

Some of the best ways to treat winter depression are:

- light therapy; getting as much natural light as possible
- self-care days
- physical activity
- talk to a trusted someone

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Source: American Psychiatric Association, October 2020



## RMThompson & Co. Closed in December

RMThompson & Co. will be closed for the entire month of December. We will spend the month planning for the upcoming year. We have some amazing things in store for 2022 and cannot wait to share them with you!

We would also like to share some strategies to support you while Dr. Thompson is away:

- write letters to Dr. T that she can read upon her return
- use your journal to recall past sessions
- talk to friends and family about your feelings
- practice self-soothing

If you need to get in touch with us during this time, please email Taylor at [taylor@rochellemthompson.com](mailto:taylor@rochellemthompson.com).

## National Stress Awareness Day, November 3rd

Each year on the first Wednesday of November, National Stress Awareness Day is observed. The goal of stress awareness day is to identify life's stressors and determine the healthiest ways to reduce them. We all experience stress. Some stress is good. Good stress help us respond to changes in life. It is our body's way of protecting itself from harm. Stress can also lead to very serious health problems. It is important to find healthy coping strategies, identify and let go of things beyond your control, and develop healthy eating habits. For more information on stress management, visit <https://isma.org.uk/>.



## Updated Booking Policy

Thank you so much for your continued support as RMThompson & Co. strives to provide exceptional service to each of you. In October, we announced our updated pricing. We would also like to share that we now have booking available on our website. Dr. Thompson has moved to pre-pay booking. This means clients will be responsible for satisfying session balance before each session. We have also made Affirm pay an option for payment. We would like to have all booking completed via our website. If you have specific booking questions or need additional options for session availability please reach out to Taylor at [taylor@rochellemthompson.com](mailto:taylor@rochellemthompson.com). To book with us please visit: <https://www.rochellemthompson.com/experience>

## We Have Merch!

That's right! RMThompson & Co. has merch and we are super excited about it. Be sure to visit our website to see what merch is available for order. When you rock your merch, please be sure to tag us on our social media platforms. We would love to see you in it! New designs are headed your way! Check us out at <https://www.rochellemthompson.com/shop>

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