

Teap.

Everyone deserves a little couch-time.



Monthly Wellness Seminar

**From Holiday Blues to New Year Renewals:
Finding Joy and Focus**

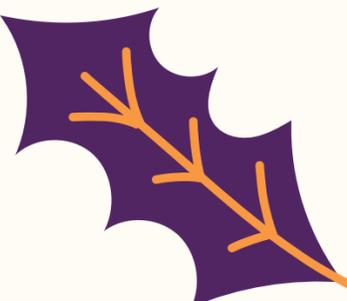
Presented by
Roxanne Collins, LPC, MA

ABOUT YOUR PRESENTER

- **Licensed Professional Counselor**
- **Educator for 15 years**
- **Neely Counseling Center**
- **Works w/Adults, Teens and Couples**
- **Loves to Travel**



ROXANNE COLLINS, LPC, MA



“DESCRIBE THIS PAST YEAR IN ONE WORD.”



POLL #1

HOW ARE YOU ENTERING THE NEW YEAR EMOTIONALLY?

A) ENERGIZED

B) NEUTRAL

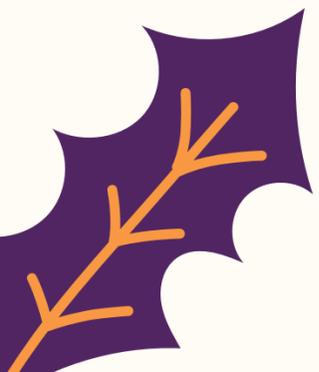
C) EXHAUSTED

D) OVERWHELMED



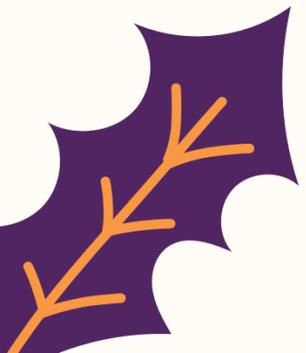
KEY TAKEAWAYS

- **Pause before pushing**
- **Reflect to learn from the year, not judge it**
- **Recharge in a way that supports mental & emotional wellbeing**
- **STEP INTO THE NEW YEAR ALIGNED, NOT JUST “BUSY”**



WHY REFLECTION MATTERS (PSYCHOEDUCATION)

- **Reflection closes cognitive loops**
- **Helps the brain release stored stress**
- **Improves emotional regulation and motivation**
- **PREVENTS “AUTO-PILOT” LIVING**



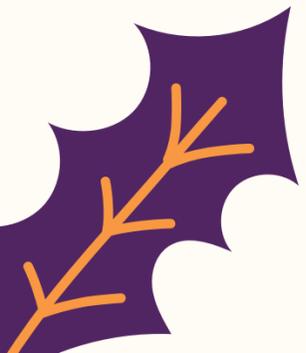
THE “REFLECTION GAP”

WE EXPERIENCE:

- **High pressure**
- **High expectations**
- **High comparison**

BUT RARELY:

- **Rest**
- **Stillness**
- **Celebration**



GUIDED REFLECTION MODEL

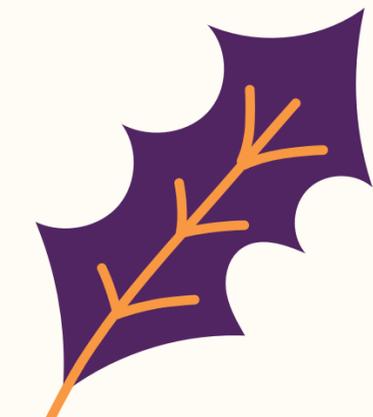
THE 4R FRAMEWORK

- **Recognize:** What happened this year emotionally, mentally, relationally
- **Release:** What no longer serves you
- **Retain:** What's working well and aligned with your values
- **Redirect:** What you want to do differently moving forward



REFLECTION QUESTIONS

- **What am I most proud of this year?**
- **What drained me the most this year?**
- **What mattered most and how did I prioritize it?**



PSYCHOEDUCATION: 4 TYPES OF REST

Type of Rest

Looks Like

Helps With

Physical

Sleep, stretching, unplugged time

Fatigue & Irritability

Mental

Time without decision-making

Overthinking

Emotional

Space to feel without performing

Anxiety & People-Pleasing

Social

Boundaries, selective energy

Burnout From Others' Needs



POLL #2

WHICH AREA DO YOU FEEL NEEDS THE BIGGEST RECHARGE?

- A) PHYSICAL REST**
- B) MENTAL REST**
- C) EMOTIONAL REST**
- D) SOCIAL REST/BOUNDARIES**



WHY WE DON'T RECHARGE

COMMON REASONS:

“I don't have time”

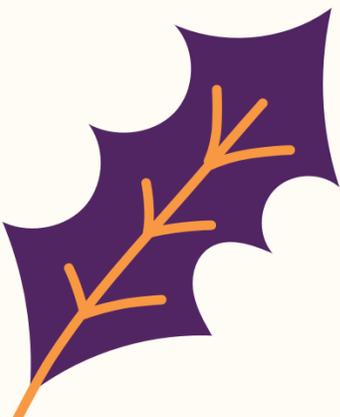
Guilt when resting

Belief that burnout = success

Fear of letting others down

Identity tied to productivity

REST IS NOT A REWARD, IT'S A REQUIREMENT.



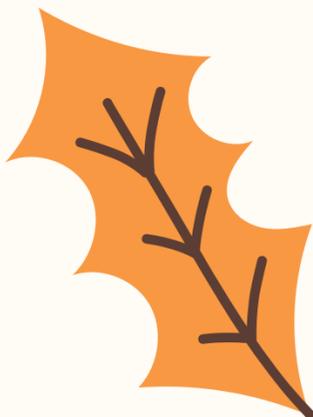
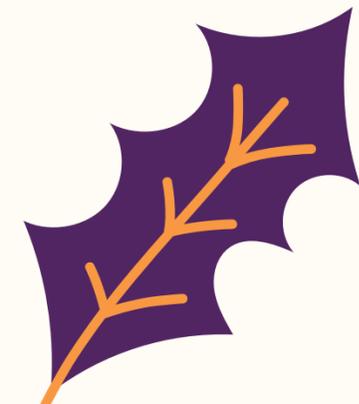
CASE STUDY

“Jordan – The High Performer Running on Empty”



CASE STUDY QUESTIONS

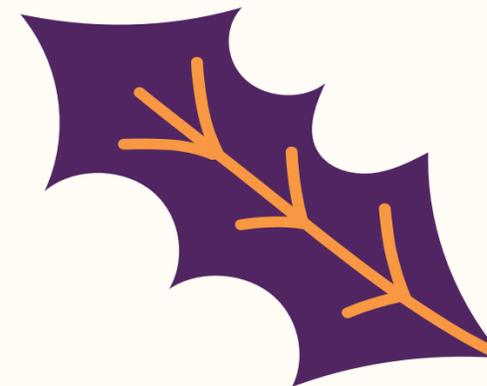
- **Where did Jordan ignore warning signs of burnout?**
- **What type of rest was missing?**
- **What boundaries should Jordan implement in the new year?**



POLL #3

WHAT PRESSURE HOLDS YOU BACK THE MOST?

- A) WORK PERFORMANCE**
- B) FAMILY RESPONSIBILITIES**
- C) PERSONAL EXPECTATIONS**
- D) FINANCIAL STRESS**
- E) COMPARISON TO OTHERS**

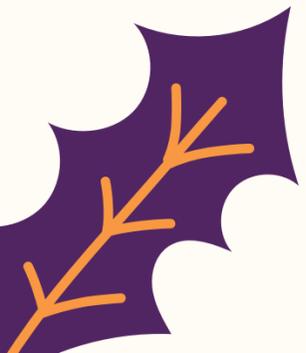


RECHARGING ≠ ESCAPING

- Escaping = numbing / avoidance
- Recharging = restoration / regulation

EXAMPLES:

- Sleep vs. doom scrolling
- Journaling vs. bottling emotions
- Intentional connection VS. OVER-GIVING



BUILDING A RECHARGE PLAN

3 PILLARS:



1) Daily micro-rest



2) Weekly emotional reset



3) QUARTERLY REALIGNMENT CHECK-IN

RECHARGE TOOLS

BEST PRACTICES:

- **Sunday 10-minute reset**
- **Permission to say “NO” without apology**
- **Self-Compassion Statements**
- **Body Movement and Pacing**
- **Limiting Emotional Labor**



VALUES-ALIGNED GOAL SETTING

NOT:

“I should”

“Everyone else is”

“I’m behind”

INSTEAD:

“Does this align with who I want to be?”

“Does this honor my energy?”

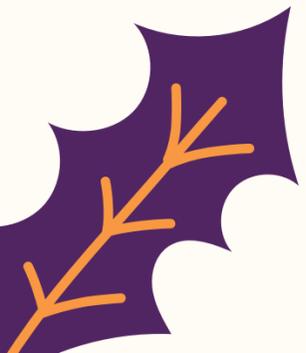
“Am I doing this from pressure or purpose?”



MINI ACTIVITY

“In the New Year, I want to feel more _____.”

To support that, I will _____.”



CALL TO ACTION

CHOOSE ONE:

- **A boundary to protect your energy**
- **A habit to support your mental/emotional health**
- **A celebration practice to honor yourself**
- **Not all three – START SMALL**



THANK YOU!

FOR JOINING US TODAY, WE LOOK FORWARD TO SEEING YOU 2026..HAPPY HOLIDAYS

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EAP Benefit Spotlight



BALANCY
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- Track your mood and energy levels
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- Access calming exercises, meditations & sleep support
- Receive daily reminders to recharge emotionally
- Explore micro-skills for confidence, communication & resilience
- Connect with your Employee Assistance Program (EAP) for counseling support

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