

✓ **Therapy Works Better when we Take Care of our Overall Health**

Your brain functions best when your **core pillars of health** are supported. If you're feeling scattered, stuck, or emotionally overwhelmed, start by checking in with:

- ✓ **Sleep** – Create a consistent sleep-wake schedule 🛌
- ✓ **Hydration** – Keep water nearby and sip regularly 💧
- ✓ **Nutrition** – Don't skip meals; include protein and carbs 🍲
- ✓ **Movement** – Gentle movement improves regulation 🧘
- ✓ **Medication** – Use alarms or trackers if needed 💊
- ✓ **Connection** – Even one interaction or connection makes a difference 💬

Monitor if these areas need adjusting. We can create small manageable steps together.

Accommodations






Different formats, pacing, or processing styles can help us engage more fully.

- 💬 Use the chat feature in virtual sessions to track thoughts
- 📋 Bring a short list of topics you want to cover
- 🖼️ Ask for visual diagrams or summaries
- 🔄 Request reminders or email follow-ups
- 🎯 Use fidgets or doodle while talking
- 🧘 Take breaks or stretch during longer sessions

If we support our own way of processing, we will enhance our recall, understanding, and ability to integrate that knowledge into consistent action.






Organizing Your Therapy Life

Therapy tends to work better when we can track, reflect, and apply what we're learning. Try any of the following:

-  Set therapy at the same time each week, if possible
 -  Create a digital folder for notes and worksheets
 -  Keep a small therapy notebook — or record voice notes
 -  Use calendar reminders for appointments and follow-ups
 -  Review past sessions briefly before your next one
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Reflection Questions

Use these as a guide. This will help you track your progress and helpful resources & insights.

-  What helps me feel more engaged in therapy?
-  When do I shut down, zone out, or go blank in session?
-  What's one small adjustment that might help me stay present?
-  What therapy success or insight would I like to remember?
-  What do I need from my therapist that I haven't asked for yet?

The more therapy reflects you, the more it can work for you.

 **Find more resources:** www.tuneintherapy.org/the-mindlands

 **Book a free meet & greet:** www.tuneintherapy.janeapp.com

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