



## ***Round II Material for New Clients.***

Now that we got the opening material out of the way, here are some things that will help us further as we get into the therapy.

### **Screen for health conditions affecting emotional functioning.**

First – go to this URL (note it is https) <https://www.My-NewMind.com>

You can link there directly from the same page where you downloaded this document.

It will open to a page with your name.

Below your name there are tabs – Client Profile, Client Physiology, Assessments, Progress Tracking

You are going to be filling in the Physiology.

Start with Client Physiology – click on the tab and then click on begin assessment for each item click on both severity and frequency and choose an answer.

### **Lifestyle Improvement Possibilities**

I am going to invite you to choose one lifestyle area and target it for change, improvement, or to start something new that is good for you (or cut down on something that's not). Any of the above. I have found that doing something positive and putting energy into it on a regular basis is a very strong influence toward positive change. After all, therapy is just once a week, you want there to be positive influences on a regular basis to really make progress and move it along.

***Pick One That Interests You or something else you can think of:***

- |   |  |
|---|--|
| <input type="checkbox"/> Yoga                     | <input type="checkbox"/> Journaling                              |
| <input type="checkbox"/> Exercise                 | <input type="checkbox"/> Eating Better (Not necessarily dieting) |
| <input type="checkbox"/> Walking                  | <input type="checkbox"/> Managing recreational alcohol and drugs |
| <input type="checkbox"/> Work outs of all kinds   | <input type="checkbox"/> Work and Downtime Balance               |
| <input type="checkbox"/> Improving Sleep          | <input type="checkbox"/> Reading                                 |
| <input type="checkbox"/> Reducing Time on Screens | <input type="checkbox"/> Meditation                              |
| <input type="checkbox"/> Better Alone Time        | <input type="checkbox"/> Mindfulness                             |
| <input type="checkbox"/> Better Social Time       | <input type="checkbox"/> Creativity                              |
| <input type="checkbox"/> Spirituality or Religion |  |

There may be other things not on the list that occur to you as well, pick something and then let's talk about that next time you are in.