

You

I can't be bothered going out.



Your therapist

I know the shorter, colder days can start nudging us to stay inside more but so much of our wellbeing is tied to three areas: pleasure, achievement and closeness to others. Unfortunately, the more inactive we are the more we decrease the opportunities for these three types of activities and the more we increase the likelihood of falling into a habit or inactivity. The way we feel should be taken into consideration BUT it is not the only thing that should be taken into consideration.

You might not feel like meeting a friend to exercise but you must also consider that exercise helps maintain physical health and stabilize mood. Also, meeting with a friend and feeling connected to another person is also an important part of our wellbeing, so even though you might not feel like it, turning down that invitation deprives you of the opportunities to feel pleasure, accomplishment and connectedness...that's a lot of opportunity to turn down! So, while it may take more of a push to go out and do things as winter approaches, it's a great way for you to have an active role in maintaining your wellbeing over the winter months...or any time of year.



You

What's on your mind?

# A New Kind of Therapy

Send your licensed therapist a message, and they'll answer through our private and secure platform. They'll also customize a set of resources that can be reviewed and completed at your own pace.



No appointments to keep



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Strengthen your mental health

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