



January 2024

# NEWSLETTER



## Happy New Year!



### SMART Goals for a Mentally Healthy New Year

As we step into the new year, setting goals is a tradition, but focusing on mental health is paramount. Embrace SMART goals—Specific, Measurable, Achievable, Relevant, and Time-bound—to foster a positive mindset.

Be **Specific** about mental health targets. Instead of a vague resolution, aim for tangible outcomes like dedicating 10 minutes daily to mindfulness exercises.

Ensure **Measurability** by quantifying progress. Track your achievements, whether it's the number of peaceful moments or successfully managing stress triggers.

Opt for **Achievability** to prevent overwhelming yourself. Small, gradual steps often lead to sustainable improvements in mental well-being.

**Relevance** is crucial—align goals with personal needs. If stress management is your main goal, prioritize practices like deep breathing or guided meditation.

**Time-bound** objectives create a sense of urgency. Establish deadlines for your goals, reinforcing commitment and motivation.

Prioritize self-care to maintain balance. Whether it's allocating time for hobbies or setting boundaries, make sure goals are conducive to overall well-being.

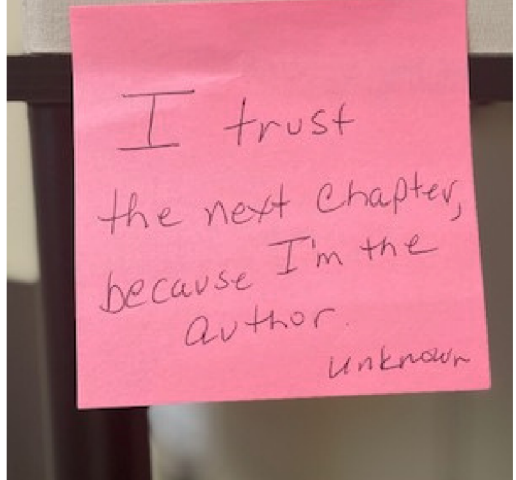
By weaving SMART principles into your mental health goals, you pave the way for a resilient and fulfilling new year, fostering habits that support not only your objectives but your overall happiness.

### Did You Know...

January is Mental Wellness Month!

Mental wellness involves being able to cope effectively with the difficulties of life, having an awareness of your own abilities and opportunities, and having healthy relationships with yourself and others. It highlights the importance of integrating both emotional and physical health.

### Bonnie's Note...



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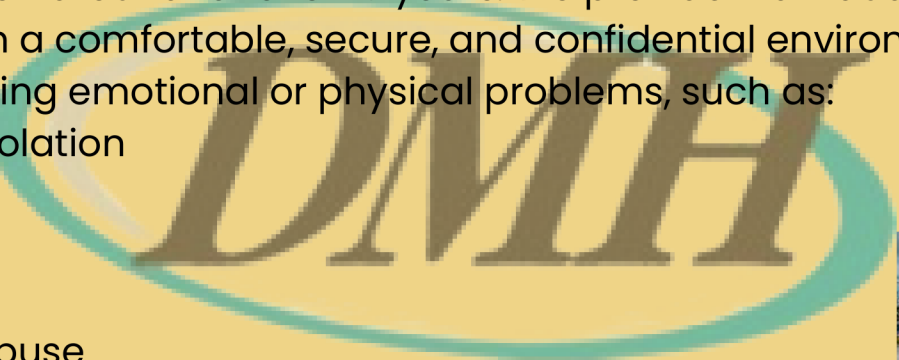
4161 Tamiami Trail Port  
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# Life Improvement Program

The Life Improvement Program, located on the third floor of Desoto Memorial Hospital, has been around for over 15 years. We provide individual, group, and family therapy in a comfortable, secure, and confidential environment. We can assist in supporting emotional or physical problems, such as:

- Loneliness/Isolation
- Grief & Loss
- Anxiety
- Depression
- Substance Abuse

Come see how we can help!



## Meet Our Therapist



Shellie Shine  
LCSW, State Qualified  
Supervisor

Shellie Shine is a 5th generation Arcadian. She relocated back to DeSoto County in 2017 following her educational pursuits at Warner University. Shellie also completed her advanced degree from University of Central Florida. She is also a proud Leadership DeSoto 2019 alumni. Shellie is highly skilled in a variety of evidence based techniques including Cognitive Behavioral Therapy (CBT) and Dialectical Behavioral Therapy (DBT). Shellie's mission is to restore quality of life and strengthen coping abilities. She does this by focusing on each person as a unique individual and taking a strengths based/trauma informed approach.



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