



Fall Newsletter

Thank you for reading the Mosaic Therapy Collective Fall newsletter! In recent months, many exciting changes have been taking place at Mosaic!

Keep reading for more information on:

- Mosaic Therapy Collective Updates
 - New team members!
- Available Services
 - Who we are and what services we provide
- How to get more involved
 - We are actively taking interest lists for a yoga therapy group and a body image support group
- Seasonal Impacts on Mood
 - With the upcoming fall and winter seasons, continue reading to learn more regarding how seasons can impact our mood and how to cope

Our Team is Growing!

Over the past month, Mosaic has welcomed three new team members! Find out who they are and what roles they will be playing below:



Brittany Garza, LPC
Licensed Counselor



Alexis Schroeder
Administrative Assistant



Connor Minix
Social Media Intern

Read more about
our new team
members by
clicking [here](#)!



Who we are:

Mosaic Therapy Collective is a small team committed to providing holistic care to those who need it. As a woman-owned and queer-identified collective, we understand the importance of inclusive care for all.

What we do:

- Individual Therapy
- Eye Movement Desensitization and Reprocessing (EMDR) Therapy
- Walk & Talk Therapy*
- Relationship/Couples Therapy
- Adolescent Therapy
- Group Therapy
- Yoga Therapy
- Workshops

*(for clients in Denver, CO area)

Work we do well:

- Anxiety
- Depression
- Trauma, PTSD, & complex trauma
- Religious abuse and/or religious deconstruction
- Eating disorders, disordered eating, chronic dieting, and body image concerns
- LGBTQ+ identities
- Role and/or identity transitions
- Relationship concerns
- Grief and loss

How Can I Get Involved?

We are actively taking interest lists for our yoga therapy for mind-body support and our eating disorder and body image support group. See how to sign up below!



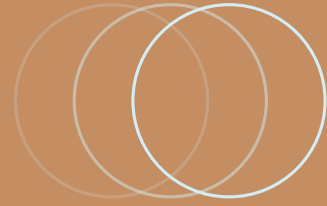
Express interest in our yoga therapy for mind-body support by clicking here



Express interest in our eating disorder and body image support group by clicking here

Seasonal Impacts on Mood

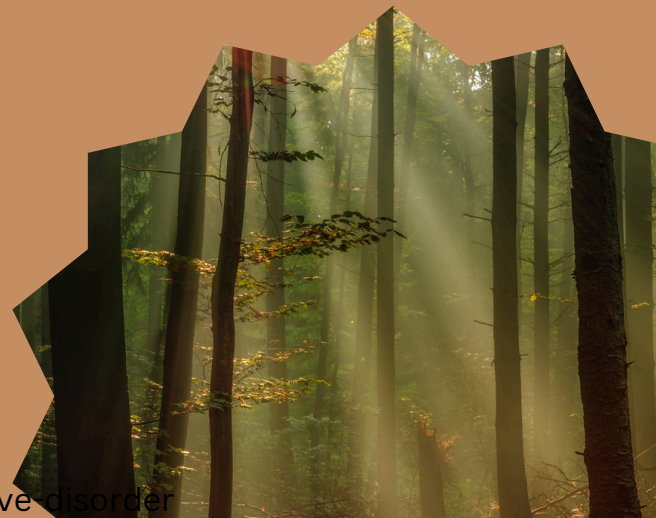
Coping with the fall/winter blues



If you get the sensation that you feel different in the fall and winter, it's not your imagination. The combination of less hours in the day and more time spent indoors can lead to negative impacts on mood. In some cases, it can lead to Seasonal Affective Disorder (SAD). SAD is a type of depression that can be triggered by the changing of seasons.

What is Seasonal Affective Disorder?

SAD was first described in 1984 by Norman Rosenthal as “recurrent depressions that occur annually at the same time each year”.



How might this show up?

INDICATORS OF SEASONAL IMPACTS

Feeling a little down in the fall and winter is a completely normal reaction that many humans experience to the changing of seasons. While this is most common in those who live far from the equator, anyone can experience it. In certain cases, these negative emotions can develop into **Seasonal Affective Disorder**.

Here are some symptoms of SAD to look for:

- Change of mood: Increased anxiety, feelings of loneliness, loss of interest, and sadness
- Sleep habits: Excess sleepiness, insomnia, or sleep deprivation
- Whole body: Changes in appetite or fatigue
- Behavior: Irritability or social isolation

THE SCIENCE BEHIND IT

Dr. Paul Desan, MD, describes SAD as a human's equivalent to hibernation. Like hibernating bears, he says that patients tell him that they tend to have a change in eating and sleeping habits in the fall and winter. Additionally, the lack of exposure to sunlight can decrease energy levels due to the disruption in your body's internal clock (circadian rhythm). In these seasons, the human body's serotonin and melatonin levels tend to drop as well. Both of these factors can also cause changes in sleep patterns and mood.



Coping Strategies for SAD:

1. PRACTICE SELF-CARE

- Make your environment sunnier and brighter by opening the curtains on a nice day or sitting closer to a window at the office.
- When the weather permits it, be sure to get outside and soak up the sun. Even on a cloudy day, being outdoors can help tremendously.
- Physical activity can also be beneficial. Whether it's a brief yoga session, an outdoor walk, or weightlifting, all of these things can improve your mood and energy levels.

2. LIFESTYLE HABITS

- Maintain a balanced lifestyle by eating consistently and sufficiently, staying hydrated, and establishing a proper sleep routine.

3. EMBRACE THE COLD

- Sometimes in the fall and winter, the weather just doesn't permit one to go outside. However, if it is bearable, then going out in the cold is still extremely beneficial! Whether you are raking leaves or playing in the snow, being outside can help bring peace and comfort-- even without sunlight

4. LIGHT THERAPY/PHOTOTHERAPY

- In this practice, you sit a few feet away from a special light box within the first hour of waking up each day. This practice simulates outdoor light and has been shown to cause a change in brain chemicals linked to mood. Before engaging in phototherapy, talk with your healthcare provider regarding the best way to go about this process.

5. SEEK SUPPORT

- Don't hesitate to reach out to colleagues, friends, or family members for support when you're feeling down. Sometimes, just talking with someone you trust can provide relief.
- Seek professional help if needed! If you find that SAD is significantly impacting your well-being and ability to function, consider seeking support from a therapist or counselor who can provide guidance and coping strategies tailored to your needs.

MOSAIC

THERAPY COLLECTIVE



Want to request an appointment with one of our therapists? Just click the link below!

[SCHEDULE NOW!](#)



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Our Services

- Individual Therapy
- Eye Movement Desensitization and Reprocessing (EMDR) Therapy
- Walk & Talk Therapy (depending on location)
- Relationship/Couples Therapy
- Adolescent Therapy
- Group Therapy
- Yoga Therapy
- Workshops

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