

# Summer Checklist

## TELETHERAPY

- ✓ Use the QR code below to make an appointment with TimelyCare (12 free sessions)
- ✓ Use TalkNow option if you need to talk to someone at any time (24/7).

## SELF-CARE

- ✓ Be intentional about time to rest
- ✓ Do something active
- ✓ Spend time with your social support system



TIMELYCARE

## STRATEGIES FOR STRESS

- ✓ Self-sooth with the 5 senses
- ✓ "My safe place" 5 senses guided imagery exercise

Check out our "Summer Self-Care" post on Instagram to guide you through these strategies  
[@maryvillecounseling](#)

## JOURNALING PROMPTS

- ✓ What are my goals for the summer? How can I achieve them?
- ✓ What are 3 things I am grateful for?
- ✓ What makes me feel confident?
- ✓ Is there anything I need to let go of?



10 MINUTE MEDITATION  
FOR ANXIETY

# Returning Clients:

## IF YOUR COUNSELOR IS RETURNING:

- You can email your counselor directly using both your MC email and theirs to reschedule an appointment when fall semester starts.
- You always have the option to switch counselors. If you do want to switch counselors for the fall semester, use the QR code below and specify that you want to switch to a new counselor.

## IF YOUR COUNSELOR IS NOT RETURNING:

- Use the QR code below to schedule an appointment online. We will always check in with you to make sure it is a good fit!
- Sometimes it can be challenging getting to know a new counselor, but they can also bring in new perspective. You were able to do it this semester-we know you can do it again!

## FOR ALL RETURNING CLIENTS:

- Since it will be a new year, you will need to fill out all the paper work again. We need this paperwork updated annually. Also, we want to make sure we are on the same page as you when you come back!



**WE LOOK FOWARD  
TO SEEING YOU  
SOON!!**