

April Intention

As the cold withers away, and the sun begins to shine.

May this month bring rebirth into my life. As the trees sprout their new leaves, I, too am growing into the best version of myself. I embrace this season of growth.



MEASURING WHAT MATTERS  
MENTAL HEALTH SERVICES

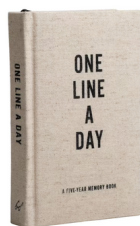


Book Recommendation

For this month, let's start off with something fun and easy. Our journeys in life can look very different from one year to the next.

One of my favourite ways to capture all these moments is by writing One Line a Day for 5 years. You can find this inexpensive journal at your local bookstore or online.

If we look at the evidence (which we should), 5 years of lines are enough evidence to show the tribulations in life and all the growth.



You can find it here:

[Amazon](#)

[Indigo](#)

(other colours available)

A Warm Welcome

Welcome, all, to the first monthly newsletter of Measuring What Matters. This little email will find its way to your inbox on the first Monday of each month, but with new updates, intentions, recommendations, and tips and tricks to keep our mental health in check.

Now not all of you will be keen on reading pages on pages of information. Understandable.

The aim is not to bore you with information but provide a space outside of sessions for you to reflect and further grow. Of course, many resources are available that we can click on, many of which are rooted in excellence and research. But I think that's what makes this unique. I am not coming from a place of extreme knowledge or expertise, but just another individual who has grown to appreciate the community more than anything in the past couple of years.

Connecting with all of you, either in person or virtual, in sessions or in friendship, has been a true joy. So, I want to welcome you all to a new chapter where the hope for this small practice is to grow with all of you.

A Message from the Owner



As many of you may know, this month holds a very special place in my heart. I can proudly say that I am a small business owner. Although I am proud of where I am, I know for a fact that I would not be here without all of you.

At the end of each session, I often hear "thank you." This is a beautiful sentiment that I don't take for granted. But I also want to thank you as well. Because without the increased demand and positive feedback, I also would not be able to reach this milestone.

So thank you. Thank you for trusting me with your stories, families, and moments of happiness and sadness. Thank you for being unequivocally yourselves.



Have a question? Reach out at [info@measuringwhatmattersto.com](mailto:info@measuringwhatmattersto.com)

## Check Out These Articles



[Click here to read more](#)

### **The Purpose of Anxiety**

Anne-Laure Le Cunff, Reading time: 6 minutes

Both meaning and purpose enable us to better live in the present moment, but meaning helps us make sense of our memories so we can understand our past, while purpose helps us to project ourselves in the future consciously.



[Click here to read more](#)

### **10 Scientifically Proven Tips for Beating Procrastination**

Vanessa Loder, Reading time: 5 minutes

Here are ten tips for overcoming that daunting task you've been avoiding, based on science

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## The Power of Conversation

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What do we tend to do when our head feels like it is about to explode from all the thoughts and emotions running high? We talk. We pick up the phone and call a friend, vent to our partner, tell our therapist, and then when we are done, there is this sigh of relief. At least for the most part. That's because we shared our troubles with someone willing to listen.

All these forms have in common that they are conversations specifically designed to examine and express your emotions rather than building to a specific solution. Figuring out things you can do to improve your situation is undoubtedly good, but just verbalizing how you're feeling can also be part of the solution.

In reality, your brain and body get a lot out of talking. When you are feeling intense feelings — especially fear, aggression or anxiety — your amygdala runs the show. This is part of the brain that, among other things, handles your fight or flight response. It is the job of the amygdala, and your limbic system as a whole, to figure out if something is a threat, devise a response to that threat if necessary, and store the information in your memory to recognize it threat later. When you get stressed or overwhelmed, this part of your brain can take control and override more logical thought processes.

It's not to say we can fix all our problems by talking. But the weight of the world on our shoulders does feel lighter when we know there is someone there to carry it for us.

by Jas Randhawa



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## Upcoming Changes

- More availability has been added to each weekday for additional time slots so may book a session that works the best for your schedule
- 90 minute sessions are not available for booking for both individual and couples
- Now offering family counselling!



## Keep an Eye Out

- Each month a newsletter will be available for reading
- Currently in development of new projects. More updates to come



## Next Month

- Check out the [Measuring What Matters Instagram](#) page for new posts beginning May 01



**Focus on what matters. Eliminate the rest.**