

NewsLetter

August 2025



Wellness Tips of the Month

1. Cut Back on Screen Time

Too much screen time can increase stress, disrupt sleep, and drain your energy. Try a “tech-free hour” before bed or set limits on social media apps to create more space for rest and real connection.

2. Mini Reset Moments

Take a 5-minute break during your day to breathe deeply, stretch, or go outside. Even a quick pause can reduce stress and help you feel more centered.

3. Check In With Yourself

What’s one thing your mind or body needs this week? Is it more sleep, less pressure, or time offline? Listen to that and give yourself permission to follow through.

Did You Know It's...

National Wellness Month!

August is National Wellness Month which means it's a time to reflect, reset, and prioritize your overall well-being. It's an opportunity to build habits that support you physically, mentally, and emotionally. Whether it's stepping away from screens, getting more sleep, or simply taking time to breathe, small acts of self-care can create meaningful change. This month encourages all of us to slow down and invest in the routines and boundaries that help us feel grounded, balanced, and resilient.

At Cognitive Solutions LLC, we're here to support you in that process. We offer therapy, psychological testing, and executive function coaching designed to help you understand yourself better, manage stress, and create sustainable growth. Whether you're seeking guidance or need tools to stay organized and focused, our services are personalized to meet your needs. Let Wellness Month be your motivation to take that next step because your mental health is worth the investment.