

People Are My Purpose

July 1, 2023



CyTique Davis PhD LLC

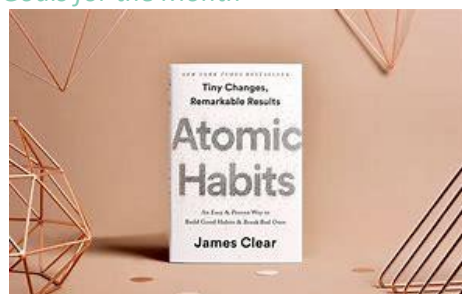
July 2023 Newsletter



Goals for the Month



Practice Motto



Book of the Month



Quote of the Month

Welcome to July. As we celebrate having made it through six months of the year already, questions arise at least for me, how do we finish even stronger. I am hopeful that this newsletter will serve as a reminder that you have tools embedded within yourself to manage and become even better. This month we will be reading Atomic Habits by James Clear. This book will help establish some of the best, life altering habits yet. At the end of the month, we will have a book review and application session, where we can begin applying these tools to our life.

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You've got this! Monthly tips!

- ✓ Practice saying “no”
- ✓ Ask for support when needed.
- ✓ Let go of toxic relationships!
- ✓ Meaningfully connect with others
- ✓ Focus on the present!
- ✓ Get clear on your values!
- ✓ Take time for yourself!
- ✓ Focus on what you are grateful for
- ✓ Incorporate some form of exercise!
- ✓ Spend time outside!
- ✓ Incorporate healthy dietary habits!
- ✓ Get quality sleep!

The above list provides **interpersonal self-care**, **mental self-care**, and **physical self-care**. As you maneuver through life, consider engaging in these various self-care tips. If you'd like to develop these areas of self-care, please see the July newsletter calendar.

When we are going through the glorious ups and downs of life, it can become frustrating to hear someone say, “it could be worst.” While at this moment this advice seems untimely, I'd like you to recall the times when it was worst but more so how you made it through these times. When life gets tough this month, remind yourself of the following tip:

-bad times will come, there is absolutely no way to avoid them, so let's try embracing them and recognize that they will not last forever.

Interpersonal self-care, Mental self-care, and Physical self-care

July Plan

July 1-9: This week your focus will be interpersonal self-care. This form of self-care considers the quality of your social relationships. As social beings, the quality of our close social relationships is one of the most significant predictors of well-being.

July 10-16: This form of self-care requires using effective psychological strategies to maintain mental resilience. This involves mindfulness, personal boundaries, and clarity regarding your values.

July 17-23: Physical self-care is an essential but often neglected way to improve one's mental health. Since the mind and body are so intertwined, optimizing one's diet, exercise, and sleep vastly improve mental resilience.

July 24-31: This week just focuses on putting it all together and observing how intentional and serious you are about how you handle you!