



December

Renewal Counseling & Wellness

Welcome & November Highlights

Welcome back to our December newsletter! As we wrap up the year, we're excited to share everything we accomplished together this past month and look ahead to a meaningful December.

November was full of gratitude and giving. Our team spent time volunteering at the food bank for Thanksgiving, helping prepare meals and support families in our community during the holiday season. We also held a successful office food drive, and thanks to your generosity, we collected canned goods and nonperishables to benefit local families. We're grateful for everyone who showed up, donated, and made November such an impactful month.

Stay tuned, December has even more in store!



December Spotlight: Managing Holiday Stress & Anxiety

The holiday season is often filled with joy, but it can also bring stress, from busy schedules and gift-giving pressure to navigating family dynamics. If you're feeling overwhelmed, you're not alone! Here are some practical tips to help you enjoy the season while keeping your mental health in check:

1. **Set Boundaries:** It's okay to say no. Protect your time and energy by prioritizing the events and activities that truly matter to you.
2. **Plan Ahead:** Make a realistic to-do list for shopping, cooking, or travel. Breaking tasks into smaller steps can prevent last-minute stress.
3. **Practice Mindfulness:** Even a few minutes of deep breathing, meditation, or a quiet walk can help you stay grounded amidst the holiday hustle.
4. **Keep Healthy Habits:** Regular sleep, nutritious meals, and movement can stabilize your mood and energy.
5. **Reach Out:** Don't hesitate to talk with friends, family, or a mental health professional if you need support.

Connection matters.

Remember, the holidays don't have to be perfect, they just have to be meaningful to you. Small steps toward self-care can make a big difference!

Client Corner

We want to hear from you! Client Corner is a space where we share stories, highlights, and feedback from our amazing clients. Whether it's a recent success, a favorite quote, or a special moment, this is your chance to be featured in our upcoming newsletters.

If you'd like to share, simply click the link below to submit your story—we can't wait to spotlight your experiences!

[Client Corner Submission](#)

Resource Roundup

The holidays can be stressful, overwhelming, or even lonely, but you don't have to navigate it alone. Mental

Health America's "Hope for the Holidays" offers practical tips, resources, and support to help you manage stress, cope with anxiety, and take care of your mental health this season. Learn more here:

<https://mhanational.org/hope-for-the-holidays>



NP Spotlight: Crystal Lee

"Hello! My name is Crystal Lee and I'm a psychiatric nurse practitioner. As a psych NP I step into a role where clinician meets deep human connection. It involves assessing, diagnosing, and treating mental health conditions while supporting individuals through some of their most vulnerable moments. Psychiatric nurse practitioners combine advanced nursing skills with a holistic, person-centered approach—listening carefully, fostering trust, and empowering patients in their healing. The work is both challenging and meaningful, offering the chance to make a lasting difference in the well-being and resilience of others.

Mental health has always been something very personal to me and I've always wanted to help others based on my experience. It's a unique role where it comes along with the reward of helping individuals find stability, hope, and a healthier quality of life.

One of the most enjoyable aspects of being a psychiatric nurse practitioner is the opportunity to build meaningful, long-term relationships with patients. These connections allow you to truly understand their stories, support them through challenges, and celebrate their progress over time. It's incredibly fulfilling to witness patients grow, heal, and regain confidence as you work together.

If you're considering a career as a psych NP one of the best things you can do is spend time shadowing others to get a true sense of the role. Make sure you're comfortable with lifelong learning, teamwork, and taking initiative. Focus on gaining solid patient care experience. Finally, choose this path because you genuinely enjoy helping others and empathetic towards others."



December Upcoming Events

This month, we're spreading holiday cheer through our Angel Tree Christmas initiative. Each year, Angel Tree provides gifts and essentials to children and families in need, and we're excited to take part again.

If you'd like to help make someone's holiday a little brighter, whether by sponsoring a child, purchasing gifts, or assisting with wrapping and delivery, we'd love to have you involved. If you're interested in participating, please contact us! Your support can make a meaningful difference for a family this season.

Let's make December a month of joy, generosity, and community.

RCW Team Member Favorite Things List

Inspired by the iconic Oprah "Favorite Things" tradition, this month's roundup highlights a mix of cozy staples and everyday essentials we're loving: Lake's ultra-soft Pima cotton pajamas, the hydrating Summer Fridays lip balm, the classic Volcano candle, and the Pura smart diffuser for effortless home fragrance. We're also reaching for a stylish cheese board for hosting, a powerful coffee frother, a sleek passport holder for travel, and a Sonic jewelry cleaner that keeps everything sparkling. Practical picks like a battery organizer make life a little easier, while On Cloud sneakers keep every step comfortable, and for a fun burst of activity, a favorite pickleball paddle made the list too.

Check out Oprah's very own "[Favorite Things](#)" list!



Stay Connected

We'd love to stay connected with you outside of the newsletter! Follow us on social media for resources, updates, and encouragement:

Instagram: @rcwcare

Facebook: RCW Virginia

If you'd like to make an appointment, virtual or in-person, the quickest way to reach us is by emailing info@rcw.care. You can also visit our website for more information.

As always, please remember that email and social media are not confidential ways to share personal concerns. For your privacy, we encourage reaching out directly through our secure channels when discussing care.

Finally, we want to remind you to practice self-compassion—healing takes time, and you deserve kindness along the way.

