



January

Renewal Counseling & Wellness

January Spotlight: New Year, Gentle Beginnings

The start of a new year can feel hopeful, but it can also come with pressure. Here are some gentle, practical tips to help you ease into the new year while supporting your mental health:

1. **Release the Pressure:** You don't need a perfect reset or a long list of resolutions. Focus on small, realistic intentions that feel supportive, not stressful.
2. **Create a Gentle Routine:** Reestablishing structure can be grounding, but start slow. Simple daily habits, like a consistent bedtime or morning walk, can make a big difference.
3. **Reflect, Don't Criticize:** Take time to reflect on the past year with curiosity, not judgment. Acknowledge what you've learned and what you want to carry forward.
4. **Prioritize Rest & Nourishment:** January is a great time to focus on rest, hydration, and balanced meals to help your body recover from the busy holiday season.
5. **Stay Connected:** The post-holiday season can feel isolating. Reach out to friends, loved ones, or a mental health professional for support; connection is still essential.

Remember, January isn't about reinventing yourself overnight. It's about giving yourself space to reset, recharge, and move forward with intention. Small, steady steps can set the tone for the year ahead.



Welcome & December Highlights

Welcome to our January newsletter! As we begin a new year, we're excited to reflect on the meaningful ways we ended 2025 and look ahead to what's to come.

December was a month rooted in generosity and compassion. Through our Angel Tree initiative, we were able to help make the holidays brighter for families in our community, and we are so grateful to everyone who participated and gave so thoughtfully. Your kindness truly made a difference and reminded us what this season is all about. As we step into January, we're looking forward to new opportunities to connect, give back, and continue supporting our community. Thank you for starting the year with us, there's so much more ahead!

Pick 3 for the New Year

Instead of setting long lists of resolutions, we're inviting you to try something simpler this January. Take a moment to choose just three intentions to guide your year ahead:

- 1 Thing to Try: Something new you're curious about, big or small.
- 1 Thing to Release: A habit, expectation, or mindset that no longer serves you.
- 1 Thing to Continue: Something that's already working and worth carrying forward.

There's no right or wrong way to do this. Your "Pick 3" can shift, grow, or change as the year unfolds. Sometimes, a few intentional choices are more powerful than a full list of resolutions.

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



If you're thinking about setting intentions for the new year, [this article from the Mental Health Foundation](#) offers a compassionate take on New Year's resolutions, encouraging gentle, flexible goals that support mental wellbeing without added pressure.

Team Member Spotlight: Francesca DeSarno

This month, we're excited to spotlight Francesca DeSarno, our Content and Community Specialist. Francesca plays a key role in creating thoughtful, engaging content and fostering meaningful connections within our community.

Francesca is also a student at the University of Alabama and will be graduating in May with her Bachelor of Science in Nursing (BSN) as she prepares to begin her career as a RN.

When it comes to resetting for the new year, Francesca believes in starting fresh both digitally and creatively. Her

January reset includes cleaning out her electronics, organizing files, deleting unused apps, and decluttering inboxes, to create a calmer, more focused digital space. She also loves making mood boards on Pinterest, using visuals to set intentions, spark creativity, and guide the tone for the year ahead.

Her approach reflects a belief we share: sometimes the best resets are simple, intentional, and aligned with how you want the year to feel.



January Check In: This or That

Take a quick pause and check in with yourself. Without overthinking, choose what fits you right now:

- Slow mornings or productive mornings
- Big goals or small, steady habits
- Structure or flexibility
- Rest without guilt or pushing through
- Planning ahead or taking it day by day

There are no right or wrong answers, this is simply a snapshot of where you are at the start of the year. Let it guide how you move through January with intention and self-compassion.

January Upcoming Events

January is bringing fresh starts and exciting updates here at Renewal Counseling & Wellness.

We're excited to introduce our first women's support group focused on exploring women's relationships with weight-loss injections. This therapeutic group will provide a safe, supportive space to

process topics such as personal fears, side effects, stigma, self-acceptance, and celebrating non-scale victories, launching this February.

If you're interested in joining, please reach out to info@rcw.care.

Looking ahead to February, we'll be spotlighting Seasonal Affective Disorder (SAD) with resources, education, and tools to help navigate the winter months with care and intention.

As always, thank you for being part of our community, we're excited for what this new year holds.

Stay Connected

We'd love to stay connected beyond the newsletter! Follow us on social media for helpful resources, updates, and ongoing encouragement:

Instagram: [@rcwcare](https://www.instagram.com/rcwcare)

Facebook: [RCW Virginia](https://www.facebook.com/rcw.virginia)

If you're interested in scheduling an appointment—virtual or in person—the quickest way to reach us is by emailing info@rcw.care. You can also visit our website to learn more about our services.

Please remember that email and social media are not confidential platforms. To protect your privacy, we encourage reaching out through our secure channels when discussing personal or care-related concerns.

As always, we invite you to lead with self-compassion. Healing is not linear, and taking things one step at a time is more than enough.

