

TIPS FOR STARTING THERAPY

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our partner, [MeMD](#)

While seeing a therapist used to be an activity shrouded in secrecy, today it's something that many people feel comfortable discussing openly in their social circles.



Still, there's stigma that surrounds mental healthcare and many misconceptions that continue to keep people from getting the care they need. If you think you might benefit from speaking with a therapist but you're having trouble getting started, you're not alone. It's common to hesitate to take that first step. However, in the age of coronavirus, beginning therapy may feel more approachable thanks to the availability of telehealth appointments via video chat. Here are a few helpful tips to get you started.

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My ability to conquer my challenges is limitless, and my potential to succeed is infinite.

Quotes sourced from [Self By Design](#)

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January's Book Recommendation

Good Days Start With Gratitude

by Pretty Simple Press

Good Days Start With Gratitude is a 52 week guide to cultivate an attitude of gratitude! It is a self exploration journal designed to focus on being thankful for what we have, the big things in life, as well as the simple joys.

If you start each day by writing down three things you are thankful for - a good cup of coffee, the smell of rain, starting a good book - you begin each day on the right note. Do it daily and make it a habit to focus on the blessings you have been given!

Don't wait until you feel "bad enough" to start therapy.

You don't need to reach a breaking point or feel internally damaged to benefit from therapy. In fact, talk therapy can have benefits for just about anyone. Just like you shouldn't wait until you have a heart attack to worry about your heart health, you shouldn't wait for stress to overload you before you look for help. Therapy can be a resource for anyone to help find more meaning, balance, and emotional coping mechanisms in their daily lives.

Expect a settling-in process.

Therapy is not a quick fix, and it may take some time to settle in with your therapist. You may even find that you need to talk to one or two providers before finding the right one. Often, the first therapy session will be a test-run for both you and your therapist to decide if it's a good fit. During this visit, you can gain clearer expectations of how progress and healing will be defined in your therapy sessions.

Create a positive space for your therapy sessions.

Attending therapy online can help you feel more comfortable since you'll be in familiar surroundings at home. Still, it's important to ensure that you have a private, positive space for your therapy. If you live in a busy household, that might mean attending sessions from your car in the driveway or in a space you've set up in the garage.

Things to Remember When Starting Therapy

- Do it for yourself.
- Not all therapy is, and not all therapists are, the same.
- Don't rush the process.
- Not every session will be the same.
- Be open and honest.
- It's not being selfish to talk about yourself.
- Not every session will be the same.

For more information or advice, contact eni online at:

www.eniweb.com

Cognitive Health & Wellbeing with Self By Design

Integrated into the **NexGen EAP Mobile App**



Integrated into our NexGen EAP mobile app, [Self By Design](#) is a mindset app created to support you in becoming the best version of yourself. Rooted in neuroscience and psychology, this app was designed to keep you inspired and motivated to work towards your wellness goals with curated collections of inspirational quotes, affirmations, and the ability to create your own powerful visual reminders to keep you on track.