

THERAPY NOTES

CSCC Newsletter

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New Location

Our new satellite office is located at **Kingston Presbyterian Church** located in Conway, SC. This is a historic Presbyterian church located at 800 3rd Avenue in Conway. Counseling sessions will be held in the Kingston Building. Counselors are accepting new clients, please call to schedule an appointment.



5 ways yoga benefits your mental health

1. Relaxed body, relaxed mind: yoga relaxes the body, improves the way the move, function, and feel, which supports mental health.
2. Improves posture: yoga will reduce back pain, headaches, and other ailments due to poor posture.
3. Breathe away anxiety: the focus of your breath during yoga activates the parasympathetic nerve receptors which gives you that relaxed feeling.
4. A happier brain: a gentle practice of yoga also releases a chemical called Gamma-aminobutyric acid (GABA) in the brain. This chemical plays a central role in suppressing the neural activity that leads to anxiety.
5. A better stress response: practicing yoga consistently lowers the stress hormone, cortisol.

Coastal Samaritan Counseling Center would like to welcome two new counselors.

Jean M. Hankins, M.Div., MSHMC

Andrew Sone, LISW-CP

Also, CSCC is excited to welcome back
Debra Carnosso, MSM, LISW-CP

Calm mind brings inner strength and self-confidence, so that's very important for good health. Dalai Lama



In all things
GIVE thanks!

