



galvintherapycenter.com 216-514-1600



Books We Love

The Enchanted Hour by Meghan Cox Gurdon
 This book shows the value and importance of reading, and reading aloud to one another.

Galvin Therapy Gives Back

We are collecting diapers, wipes and onesies (size 3-6 months) for MetroHealth Friends of Mothers & Infants. Swing by any of our locations to drop of donations.
 Last day to donate is Monday, January 10th.

What's Happening Next Month

February- Administrative Appreciation Month
 February 14th- Valentine's Day
 February 21st- President's Day

Check out our socials to see how we celebrate



A MESSAGE FROM YOUR GALVIN STAFF:

New Year's Resolutions by Kylee Grady, OTR-L

It's hard to believe that 2022 is already here! We hope you had a nice and relaxing holiday season and that your new year is off to a great start. With each new year comes talk of resolutions and reflection on how to better ourselves. The past two years have been tough on everyone, bringing many emotions and figuring out new "normals". We faced unexpected change, questions we did not have answers to, and uncertainty of what the future holds. Not only did this affect our children, but it affected us as caregivers. In 2022, let's try something new.

This year, instead of putting pressure on ourselves with resolutions, let's shift our focus to how to take pressure off. If we are not supporting ourselves, we can not support those around us. Instead of setting resolutions and holding ourselves to higher expectations, we can focus on being present and embracing the good already around us. With the new year, we can try to allow time for rest, reduce our comparisons to others, and focus on our mental health. Although this may be easier said than done, there are small changes we can make that can have a big impact.

TIPS & TRICKS:

Instead of resolutions this year, try some of these tips listed below:

- Dedicate a time at night to have each family member share a positive part of their day - bonus points if you did something to help others!
- Try a family session of Cosmic Kids Yoga or Progressive Muscle Relaxation for Kids on YouTube - relaxing both your mind and body.
- Be okay with saying no - it's okay to turn down a social event, or not sign up for an extra commitment. Just because there is time in your schedule for it, doesn't mean you should feel obligated to do it.
- Schedule time for Self-Care - whether it's reading a book, taking an extra long shower, or getting out of the house for an hour, do something small that makes yourself feel good.
- Spend less time on social media - while social media can be a fun distraction, it can sometimes do more harm than good. Try not to check it first thing in the morning or last thing before bed, or set yourself a time limit for the day.

YOGA POSES FOR THE WHOLE FAMILY



CRAB

Come to sitting with your palms flat behind you and the soles of your feet flat in front of you. Lift your buttocks to create a table, then walk like a crab.

OSTRICH

Stand tall in Mountain Pose, stand on one leg, reach the opposite leg out behind you, place the outside of your foot into your hand, bend your torso forward with your arm out in front for balance, and arch your leg up behind you.



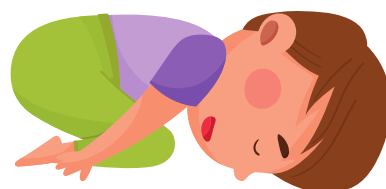
BEAR

From a standing position, bend down and place your palms flat on the ground. Step your feet back to create an upside-down V shape with your buttocks high in the air. Straighten your legs, relax your head and neck, and look down between your legs.



MOUSE

Sit on your heels, slowly bring your forehead down to rest in front of your knees, rest your arms down alongside your body, and take a few deep breaths.



FLAMINGO

Stand on one leg, bend your knee, place the sole of your foot on your inner thigh, and balance. Sway like a tree.



BIGHORN SHEEP

Come to standing in Mountain Pose. Step one foot back, slightly angling it outwards, bend your front knee, and bring your arms straight up towards the sky, and look up



STARFISH

Stand tall with legs hip-width apart, feet facing forward, and straighten your arms away from your body.

