



SHARED VISION

PSYCHOLOGICAL SERVICES

Building Healthy Connections

Building Healthy Connections Newsletter

September 2026

Healthy Mind, Healthy You: 7 Tips to Thrive this School Year

1. Rest Up:

Consistent sleep routines and good sleep hygiene can improve mood, focus, and academic performance. Sleep helps consolidate learning, so quality rest is a form of studying.



2. Fuel your brain & body

Eating regular, balanced meals—including fruits, vegetables, whole grains, and protein—and staying hydrated can support attention, memory, and mood.

3. Unplug

Plan regular breaks from your phone and social media. What we see online can increase anxiety, stress, or feelings of loneliness. Know when you need a breather, and explore apps to schedule screen-free times throughout your day.

4. Move

Even short activity breaks can improve your focus, energy, and mood. Get up and move throughout the day, and find enjoyable ways to stay active during the week.



5. Catch stress early

Get to know your own signs of overwhelm, distress, and burnout. The earlier you recognize that you're struggling, the sooner you can make changes and get the support you need.

6. Reach out

Talk to a parent, school social worker, teacher, or another trusted adult if things are becoming too difficult to manage on your own. Asking for help is a sign of strength—not weakness.

7. Take care of each other

If you notice another student talking about distress in a way that concerns you, don't carry that worry alone. Find a trusted adult at school who can help.



Help Reduce Stigma – Support mental health awareness to send the message that mental health matters.

We're here to help, with mental health services available for all ages, including after-school and evening appointments. **Reach out today or schedule a free introductory consultation to learn more.**

Now Scheduling: Testing & Evaluation Services for Fall/Winter 2026!

Services available for all ages.

Our Testing & Evaluation Services go beyond diagnosis.

We help you better understand how your brain and behavior work together and provide practical recommendations to help you thrive at home, school, work, and in everyday life.



How Evaluations Can Help:

An evaluation can help provide **diagnostic clarity, guide treatment, and support access to appropriate accommodations and services.**

Some accommodation examples include, but are not limited to:

- School accommodations and supports
- IEP or 504 Plan eligibility and services
- Special education planning
- Gifted programming
- Academic intervention planning
- Workplace accommodations



[Learn More About Our Testing Services](#)

[Schedule a Free Intro Call to Reserve Your Spot!](#)

Support Groups - Now Enrolling:

Social Skills Group, Ages 12-13

Our weekly 50-minute Social Skills Groups have a relational focus that teaches children how to approach others, resolve conflict, and make friends. Our groups aim to help children develop a deeper capacity for relatedness that can be translated into more meaningful relationships, both at home and at school. This group is primarily focused on building healthy social skills, emotional expressiveness, and identifying and empathizing with the emotions of others. Children in our Social Skills Groups often leave with the following tools:

- Increased patience
- Decreased impulsive behavior
- Confidence to initiate conversation
- Ability to resolve conflict
- Greater awareness of social cues

- Capacity to respond to others with understanding and empathy
- Feelings of connection with peers
- Increased self-esteem in social situations

Early 20's Neurodiverse Support Group

This support group has been designed to meet the distinctive needs of individuals with neurodivergent diagnoses in their early 20's as they navigate the many obstacles commonly found in young adulthood. With a heavy emphasis on connection, emotional awareness, and the search for identity as an emerging neurodivergent adult, this group provides a safe space to assure self-confidence, create meaningful relationships, and explore one's options in education and career.

Adult Women's Support Group

This support group has been created for adult women seeking connection and encouragement while navigating mood challenges and stage of life transitions. With an emphasis on shared understanding, emotional resilience, and self-exploration, the group offers a warm and supportive space to understand the impact of life changes, manage stress and low mood, and strengthen overall well-being. Through guided discussion and mutual support, participants are encouraged to build insight, foster self-compassion, and feel less alone during more difficult seasons.

[Learn More About Our Group Services](#)

[Schedule a Free Intro Call to Reserve Your Spot!](#)

Keeping Our Clients & Staff Healthy: Illness Guidelines

Back-to-school also means back-to-school germs! Help us keep our staff, clients, and community healthy this season by following our clinic's guidelines for illnesses.

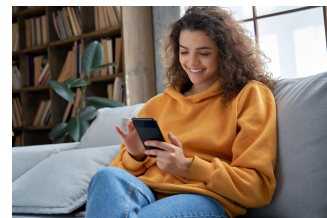


[View Our Guidelines Here](#)

Recommended Reading:

[APA guide to navigating AI-generated advice thoughtfully and safely.](#)

from the American Psychological Association



Other Services We Offer

- Individual, Couples, and Family Therapy
- Comprehensive Diagnostic Evaluations
- Collaboration with Schools
- Consultation to Professionals
- Community Presentations, Seminars, and Training
- Pre- and Post- Adoption Psychological Services
- Developmental & Special Needs Psychological Services



Contact Us

Shared Vision Psychological Services, Inc.
(phone) 630.571.5750 | (fax) 630.571.5751
www.sharedvision.org

Shared Vision Psychological Services | 1200 Harger Road Suite 600 | Oak Brook, IL 60523 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!