



The Dreamer's Journal

JUNE 2022

PTSD Awareness Month

By: Carolina Morales, LPC

Newsletter Highlights

DREAM BIG-PSP MERCHENDISE

DREAM BIG SPOTLIGHT: THANK YOU

MARK YOUR CALENDARS: [DREAM BIG EVENTS THIS MONTH](#)

[ANYTHING IS PAWSIBLE](#)

Follow Us!

STAY INVOLVED AND INFORMED OF ALL ACTIVITIES AND UPDATES! SHARE AND HELP BRING MENTAL HEALTH AWARENESS TO OTHERS. CLICK ON ICONS!



According to PTSD United, 70% of adults have experienced at least one traumatic event in their lives. I don't know about you all, but that is A LOT of trauma. While not everyone develops severe symptoms of Post-traumatic Stress Disorder (PTSD), it can still affect your well-being. PTSD is not only experienced among adults - about 66% of children have experienced at least 1 traumatic event by age 16 (SAMHSA's National Child Traumatic Stress Initiative). As you can see, PTSD is more common than you think!

Posttraumatic Stress Disorder can be characterized by overwhelming symptoms such as having nightmares, flashbacks of the event, anxiety, feelings of emptiness, avoidant behaviors, and many more. PTSD can be caused by a type of abuse, witnessing a death, an accident, natural disasters, bullying, etc. There is no right time to experience such symptoms, as some feel them right after the traumatic event and others feel them months or years after.



Lastly, Dream Big wants to take the opportunity to remember those who were affected in the tragic incident in Uvalde, TX. Take time to consider the loss, grief, and trauma this community is experiencing. For this reason, we emphasize our mission of making counseling services accessible and affordable. Dream Big is only one organization, but together we can help bring awareness to such needs. June is Posttraumatic Stress Disorder Awareness month and we encourage you all to take action in helping those who are struggling with processing such events.

The Dreamer's Journal

A monthly publication of Dream Big-PSP Counseling. Established February 2022.
Title originated from Melissa Reeves Austin-Weeks.

Mission Statement

Dream Big- PSP Counseling is a 501(c)3 non-profit organization whose mission is to provide mental and behavioral healthcare services to children, adolescents, and adults in an individual, group, family, or school setting. Providing services for either uninsured or under-insured that would otherwise not be able to receive services needed to lead healthier lives and be productive members of society.



Logo created by Sandy Rapp

5 THINGS TO IMPROVE YOUR MOOD



- | | |
|--|---|
| <ul style="list-style-type: none"> • SHAMING YOURSELF
ex. "I am a loser" "I am ugly" • COMPARING YOURSELF
ex. "more followers, smarter, prettier, married, kids, money" • PUSHING YOURSELF • OVERTHINKING • CRITICAL SELF TALK
ex. "No one likes me, I never do anything right" | <ul style="list-style-type: none"> • NAME ONE THING YOU LIKE ABOUT SELF • FOCUS ON YOUR WHY, STRENGTHS • GIVE YOURSELF PERMISSION TO REST • PUT HAND ON HEART & TAKE DEEP BREATHES • SAY HELLO TO CRITIC
ex. "Hi negative Nate, i know you trying to keep me safe. i got this" |
|--|---|

DR. KETAM HAMDAN @BRAINHEALTHDOC

Click on the Image for more Mental Health Resources

Kroger supports Dream Big

*Gifts that make you smile,
promote awareness,
and support our foundation.*

www.kroger.com

Scroll to the bottom of the page and click on Community, then click Kroger Community Rewards. Once logged in to your Kroger account search for Dream Big-PSP Counseling either by name or FW320 and then click Enroll. Thank you!

Dream Big-PSP Merch!



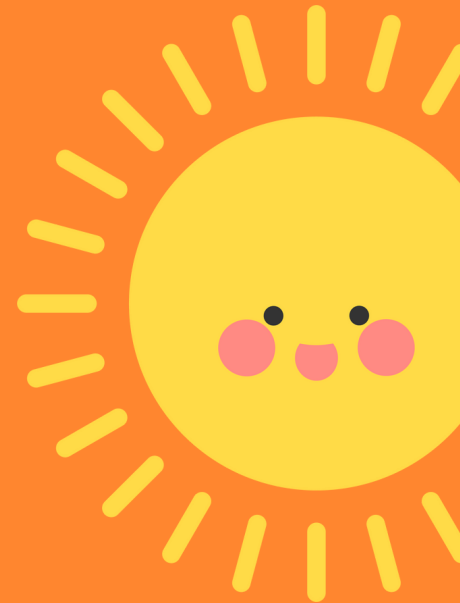
A very SPECIAL thank you to Dr. Randall Williams from All in All Neurorehab and Tori Joseph with ToJo Designs for donating the Dream Big Merchandise for Mental Health Awareness month.



Dream Big Spotlight: Thank you for supporting us in May!

A HUGE THANK YOU to our Mental Health Ambassadors that helped bring awareness and raise funds! We recognize the following teams and applaud each and every one of you for your commitment to help Dream Big succeed!

Team MTM Maricela Tobias Munoz
Team Carolina Morales
Team TCU Frogs
Team Maribel Reta
Team Victoria Jara
Team Rose M Alvarez
Team Lupita & Lucia Macias
Team John Karen Sims
Team SAS Moms



Thank you!

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Upcoming Events



CAMPS WILL BE OFFERED THROUGHOUT THE SUMMER FOR AGES 8 TO 16. PLEASE CALL 817-626-6401 FOR MORE INFORMATION! IN ADDITION, DREAM BIG NEEDS VOLUNTEERS TO HELP WITH CAMPS. IF INTERESTED, CONTACT US VIA EMAIL

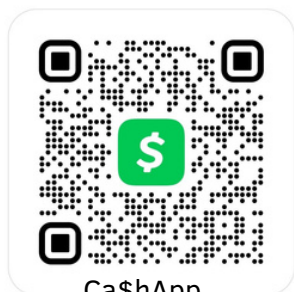
GGARCIALPC@PSPCOUNSELING.ORG



SEPTEMBER 22, 2022

STAY TUNED! DREAM BIG WILL BE SHARING MORE INFORMATION ON EVENTS LEADING UP TO NORTH TEXAS GIVING DAY

TRANSFORM A LIFE WITH YOUR CONTRIBUTION



Ca\$hApp
\$DreamBigPSP



ZELLE
Dream Big-PSP



Venmo
@Dream-Big-PSP



Anything is Pawsible

BY ANGEL THE DOG

Angel says:

"Thank you for your support!

Dream Big-PSP Counseling was able to provide 105 sessions in May 2022! "



Mindful Journaling

A stress-reducing moment for self-love, growth, & rewiring the brain.

Enjoy!

P. Describe a place or a moment where you felt happiest.

A large, light gray, cloud-shaped area containing ten horizontal white lines for writing.

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Helping People Along Their Healing Journey

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