

The Monthly Thrive



Thrive Within
By Lifetime Counseling Center

FEBRUARY 2025

Love Your Body

Valentine's Day doesn't only have to focus on appreciating your partner or loved ones. This Valentine season, practice selfcare by taking care of your physical health. There are so many viruses and illness going around so take the time to listen to and love your body by taking care of it.

- Focus on a balanced diet
- Stay hydrated
- Take a sick day if you need it
- Exercise if you're feeling healthy enough
- Wash your hands
- Get adequate sleep
- Schedule a visit with your doctor
- Attend preventative appointments
- Take your vitamins
- Practice good hygiene



Love Your Mind

Loving and caring for your mind and mental health is just as important as taking care of your physical health. If you are struggling mentally and emotionally, seeking help is just as important as seeing your doctor to treat a physical ailment.

In counseling you can collaborate with a clinician to work towards goals to reach your highest potential. Therapy is the perfect place to work through things like depression, anxiety, grief/loss, substance use difficulties, trauma, self-esteem concerns, life adjustments and many other diagnoses.

If you're wondering where to start, check with your insurance and see what local agencies are covered. If you're a Brevard County resident, Lifetime Counseling Center is available to take on new clients of all ages. We are here to help you reach your goals.

Practice selfcare this Valentine season by loving both your mind and body.

Dates and Events



- 2/1 - 3/1 - Black History Month
- 2/2 - Groundhog Day
- 2/9 - 2/15 - Random Acts of Kindness Week
- 2/9 - Publix Florida Marathon
- 2/14 - Valentine's Day
- 2/17 - Presidents' Day

Click [HERE](#) for community events and links

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LIFELINE

A Journey to Resilience
A program of Space Coast Health Foundation
& Lifetime Counseling Center