

# NPTC NEWSLETTER

## QUOTE OF THE MONTH

"We are what we repeatedly do. Excellence, then, is not an act, but a habit."

— B.F. Skinner

## IT'S SPRING!!!!

Spring is officially in bloom, and with it comes a season of renewal, growth, and fresh perspective—fitting themes for where we are in our internship journey. Can you believe we're just three months away from the finish line?

As April unfolds, it's a great time to reflect on how far we've come and plant seeds for a strong finish. The past nine months have been filled with learning, stretching, and showing up—often in ways we didn't expect. You've supported clients through their hardest moments, deepened your clinical skills, and continued to grow into the professionals you're becoming.

Here's what's blooming this month:

### 1. Spring Check-In:

Take some time for self-reflection. What goals do you want to revisit? What growth are you most proud of? And where can you give yourself some grace? Think of this as a "spring cleaning" for your professional development.

### 2. Celebrate Small Wins:

In the spirit of spring, let's make space for joy. Whether it's a breakthrough session, managing your first crisis intervention, or simply finding a better work-life balance, those wins matter. Celebrate them!

### 3. Self-Care:

As you continue holding space for others, don't forget to take care of yourself. Here are a few ideas to refresh and recharge:

-Mindful Mornings: Start your day with 5–10 minutes of breathing or grounding.

-Movement Breaks: Short walks, stretching, or yoga can reset your nervous system.

- Digital Detox: Unplug for a few hours each week to reduce information overload.

- Creative Outlets: Journaling, painting, or music can help process and release stress.

- Peer Support: Schedule coffee chats, share wins and struggles.

### 4. Quick Coping Skills to Try:

- 5-4-3-2-1 Grounding Technique

- Progressive Muscle Relaxation
- Box Breathing (In for 4, hold for 4, out for 4, hold for 4)
- Self-Compassion Mantras (“I’m doing the best I can today.”)

Keep going—you’re transforming. If you need anything just let me know. Email is [agonzalez@compasshn.org](mailto:agonzalez@compasshn.org).