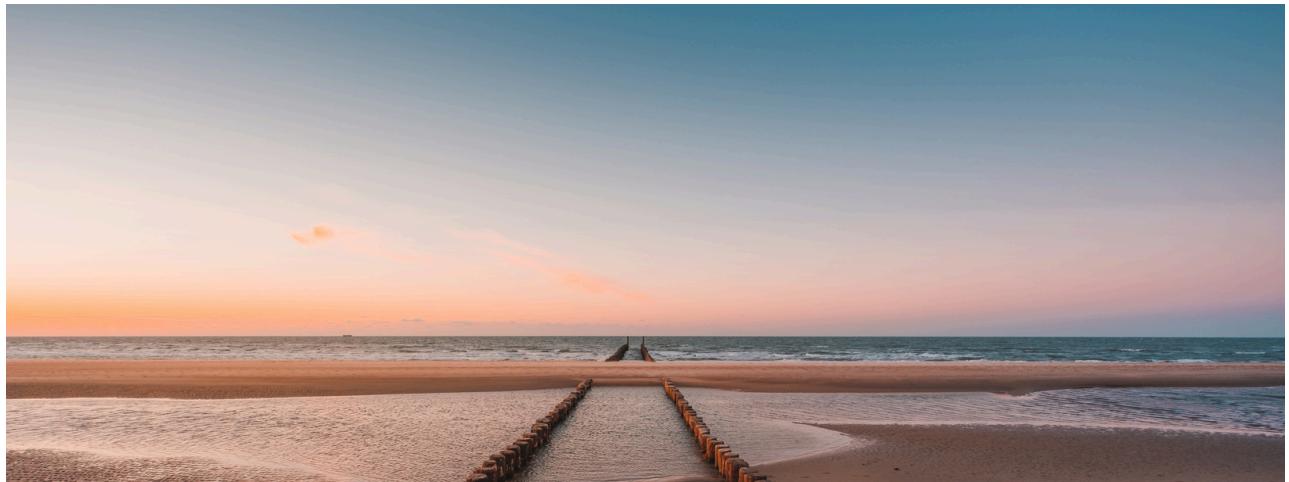


Monthly Newsletter



MARCANN
HEALTH
SERVICES

January & February 2026



Happy New Year from Marcann Health Services. January gives us an opportunity to reflect about our past year and set goals for the coming year. January has traditionally been a time of reflection and goal setting in the US/Western Cultures. Each culture has a time in which goals are set.

Welcome to this month's edition of Marcann Health Services newsletter. Marcann Health Services embraces the spirit of acceptance and connecting with our community. We continue our commitment to fostering understanding, healing, and coping.

Our Purpose

Our Purpose at Marcann Health Services, we are dedicated to providing comprehensive health care through a range of specialized services. Our experienced team is committed to helping you achieve optimal mental wellness with personalized and evidence-based treatments.

In the journey of health, self-care is a vital tool to nurture your inner balance and strength. Simple daily habits like setting aside quiet moments for mindfulness or deep breathing can help calm racing thoughts and reduce stress.

Engaging in regular physical activity, even a short walk, releases natural mood boosting chemicals and grounds you in the present. Prioritizing restful sleep with wholesome food fuels both mind and body.

Don't forget the power of setting boundaries, knowing when to say no protects your energy and mental space. Creative expressions, such as journaling offer a safe outlet for emotions and self-discovery.

These self-care practices are not indulgences but essential acts of kindness toward yourself, building a foundation for lasting wellness.

In this newsletter you can expect:

Self-Care Tactics

Mindful Goal Setting

Building Resilience

Therapy Corner

Help Resources



Mindful Goal Setting

January often symbolizes fresh starts, but mindful goal setting reminds us that any moment can be the beginning of positive change. Instead of rushing into resolutions, goal setting encourages reflection on what truly matters, setting realistic and compassionate goals that nurture mental well-being.

Research from the American Psychological Association highlights that flexible goal timelines reduce stress and increase motivation, showing that waiting for January isn't necessary to break bad habits or create new ones. Embracing this mindset allows us to honor our personal rhythms and cultivate lasting growth throughout the year, not just the new year.

Sources

American Psychological Association (APA), "The Road To Resilience" 2014

Psychology Today, "Why Flexible Goals Lead To Success" 2019

Mindful goal setting and resilience fall hand in hand, when we cultivate resilience, we become better equipped to stay focused on our intentions without being derailed by obstacles or self-doubt. This mindset encourages us to approach goals with patience and flexibility, understanding growth is a process rather than an instant achievement. Resilience also helps us learn from failures.

According to the American Psychological Association, resilience can be developed through practices like positive thinking, stress management, and social support. By intertwining resilience with mindfulness, we create a powerful foundation for personal growth and well being



THERAPY CORNER

Now introducing, our new therapy corner!

This section of our newsletters shares helpful tips and real-life examples about different therapies to support mental well-being and health.

What Is Cognitive Therapy?

Cognitive therapy is a type of psychotherapy that focuses on identifying and changing unhelpful thought patterns to improve emotional well-being and behavior. It is based on the cognitive model, which posits that thoughts, feelings, and behaviors are interconnected. By changing negative thinking patterns, individuals can alter their emotional responses and behaviors.



Your health matters. Let's talk about it.

At Marcann, we are proud to serve your community with compassionate, evidence-based care. Whether you're navigating anxiety, depression, grief, trauma, or cognitive changes, you don't have to face it alone.

To learn more about how Marcann Health Services can support your journey, visit marcannmentalhealth.com or call our main office at 602-824-9309.

Help Resources:

The [988 Suicide & Crisis Lifeline](https://988lifeline.org) is a national hotline offering one-on-one support for mental health, suicide, and substance use-related problems for anyone 24/7. No matter where you are in the United States, you can call or text the number 988 or chat online at 988lifeline.org and connect with a skilled, compassionate crisis counselor. Call services with interpreters are available in more than 240 languages.

NAMI is the National Alliance on Mental Illness. Local NAMI chapters are dedicated to raising awareness about mental illness, providing education, and offering support and advocacy. They work to ensure that individuals and families affected by mental illness can build better lives.

Call 1-800-950-6264 or text "NAMI" to 62640. You can also find their website at [https://www.nami.org](http://www.nami.org)

Community Bridges, Inc provides a full continuum of mental health services, including urgent care, crisis stabilization, and medication management. They offer 24/7 crisis stabilization services ensuring access to care for individuals experiencing mental health or substance use crises.

Community Bridges has multiple locations across Arizona, including Mesa, Phoenix, Tucson, and Flagstaff. For more information, you can visit their website or contact them directly. <https://mentalhealthproviders.org/facilities/community-bridges-inc>

Connections AZ is a crisis treatment center located in Phoenix, Arizona. They offer a range of services to support individuals experiencing mental health crisis. They provide immediate access to mental health care without appointment and medication management for stabilization and detox medications for withdrawal support. This allows for medication refills if you cannot get to your provider.

Connections AZ operates 24/7 and accepts all patients regardless of insurance status. For more information, you can visit their website or contact them directly. <https://connectionshs.com/phoenix>

"Asking for help isn't giving up. It's refusing to give up." — Charlie Mackesy

Thank you for reading!