



Rising Phoenix Wellness News

Program Highlights

As fall draws closer, we are preparing for our second annual self-care challenge. Our clients are encouraged to practice a suggested self-care exercise daily for the month of September. We invite you to join us! Here are some examples: start a seven day gratitude practice, write a letter to release emotions, sip a cup of tea, or snuggle in a blanket by a pumpkin scented candle. Mindful moments like these are essential to maintain balance and recovery.



Clinical Updates



Vanessa Borunda, MS
Primary Therapist

Vanessa is an Arizona native who graduated with her Bachelor of Science in Psychology with an emphasis in Family and Human Development at Arizona State University in 2016. Her passion for helping people arose early in her academic career while obtaining her bachelor's degree. She was fortunate enough to work with a group of children in one of the lab courses that helped her understand that counselors do not necessarily give advice, however they offer support and insight. She later completed her Master of Science in Clinical Mental Health Counseling with Honors from Grand Canyon University in 2022. She enjoys working with a team and meeting new people. She enjoys spending time with her family and traveling in her spare time. Throughout her experience, Vanessa has learned so much about herself, the clients, and how the field of counseling operates. She looks forward to growing professionally at Rising Phoenix.



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New and Noteworthy

Our leadership team has completed specialized Leadership Assessments to identify unique work styles. The core evaluations of the assessments are to determine D (Dominant, Determined), I (Influencing, Inspiring), S (Steady, Supportive), and C (Compliant, Creative) traits, along with emotional intelligence, leadership abilities and axiology. An overview was then completed by Jim Hayden at Board Developer to identify strengths and opportunities for growth. We then developed a better understanding of one another to create a more cohesive culture to serve our employees and clients.

D. I. S C: Can you guess the core traits of our Rising Phoenix leaders?

Therapist Tip of the Month

Jenna Gardner, LBSW, MSW Intern

Finding time to relax during our busy schedules may be difficult. Grounding techniques are a therapy 'go to' bringing us back to the present moment instead of worrying about our next task. Here are a few body awareness skills to practice when you need to reset your day.

1. Take 5 long, deep breaths through your nose, and exhale through puckered lips.
2. Place both feet flat on the floor and wiggle your toes. Curl and uncurl your toes several times. Spend a moment noticing the sensations in your feet.
3. Stomp your feet on the ground several times. Pay attention to the sensations in your feet and legs.

"I can smell autumn dancing in the breeze. The sweet chill of pumpkin, and crisp sunburnt leaves."

~Ann Drake

Feedback

We love ongoing feedback from our clients and alumni. The information you provide can assist us in boosting the effectiveness of the program and ultimately enhancing our clients' wellbeing. Scan the QR Code to complete your Google Review!

