

Mindful Bodies

Mission: To increase mental, physical, emotional & behavioral health & wellness through programs, products & services for all people. **Vision:** To provide efficient, effective & affordable services.

Realization: We realize our mission & vision through mental health counseling, physical fitness services & workshops/seminars.

Shawnta Wright, MA, LPCS, LPC, AFAA certified Personal Trainer & Group Fitness Instructor & Licensed Zumba Instructor is the owner of Mindful Bodies.

Our Programs and Services:

Mental Health Counseling: Our Licensed Professional Counselors provide **Individual & Group Counseling** to adults, teens, children, families & couples for eating disorders, general weight management, weight loss surgery mental health concerns including body image, self-esteem, anxiety, depression & other mood disorders.

Our Mental Health Based Eating Disorders & Weight Management Programs Include:

SHAPEDOWN (SD) (children/teen & their parents/caregivers) **Weight Management Group**

Fit Mind/Fit Body (FM/FB) Weight Management Group (adults)

Bulimia Nervosa (BN) & Binge Eating Disorder (BED) CBT Group (adults)

We offer clinical supervision by LPCS supervisors for LPCAs & Master of counseling graduate student internship students. Supervision sessions are offered in-person or via Webex videoconferencing.

Physical Fitness Services: Our certified personal trainers & group fitness instructors provide small group personal training & various group fitness & Zumba classes for adults. We also offer Fit Kids/ Fit Teens (FK/FT) classes which include 5 class types: Fit Games, Fit Stations, Fit Drills, Zumba Kids/Zumba Kids Jr. & Kids Yoga. Our 4 FK/FT class rules are: Have Fun, Be Safe, Participate & Listen!

Workshops/ Seminars: We offer various trainings on mental health & wellness topics including, but not limited to:

- 1) **Inside Out Fitness:** Think, Eat, & Move Better.
- 2) **Parent Thyself:** Wellness Strategies for Parents & Caregivers.
- 3) **Family Matters:** Strategies for Healthy Weight Families.
- 4) **Weight Matters:** How to Lose Weight for a Lifetime.
- 4b) **Motivation for Weight Management:** CBT & MI Strategies
- 5) **What's Eating You?** How to Stop Emotional Eating!
- 6) **Stress Less!** Wellness Based Stress Management Strategies.
- 6b) **Put on Your Own Oxygen Mask First:** Self Care & Wellness Strategies for Professional Helpers
- 7) **Family Fun & Fitness:** Inexpensive Fitness Ideas for Active Families
- 8) **It's All Connected:** The Link Between Mental Health & Physical Fitness.
- 9) **When Working Out Isn't Working Out:** 10 Fitness Strategies that Work
- 10) **Yes I Can:** Fitness Activities for Non-Fitness Instructors
- 11) **Can You Hear Me Now?** Strategies for Helping Parents Talk and Listen More Effectively to Their Teens
- 12) **Creating Smooth Transitions:** Strategies for easing transitions throughout the adolescent years
- 13) **Spare the Rod:** Age Appropriate Discipline Strategies for Children
- 14) **Binge Eating Disorder Demystified:** 10 Things you Need To Know About BED Treatment
- 15) **Incredible Tutoring Skills:** Behavior Management Strategies from the Incredible Years Parent & Teacher Programs

Contact us:

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Call Us: 919-286-1108(o), 919-812-3172(c)

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MY SPICES SELF-CARE PLAN

<i>Needs/ 1 – 10 Rating for last 7 days?</i>	<i>Currently Doing?</i>	<i>Would Like to Do?</i>	<i>How & When will I Start?</i>
Social/ Rating? _____ 1. time with others, relationships			
2.			
Physical/ Rating? _____ 1. exercise, nutritious food, romantic time, sleep			
2.			
Intellectual/ Rating _____ 1. mental stimulation, books, classes, educational TV			
2.			
Creative / Rating _____ 1. occupational/job, hobbies			
2.			
Emotional/ Rating _____ 1. expression of emotions			
2.			
Spiritual/ Rating _____ 1. meditation, yoga, church, time outside, mindfulness			
2.			