



September 2025 Newsletter

Your Monthly Dose of Wellness, Growth, and Support



From Summer Ease to Fall Routines: Finding Balance When Life Doesn't Go as Planned

As summer winds down, many of us feel the pull to get “back on track.” For parents, this often means setting alarms again, packing lunches, juggling after-school activities, and trying to rebuild a sense of structure. It’s tempting to picture the perfect schedule—one where mornings run smoothly, homework gets done without protest, and bedtime happens on time every night.

But real life rarely follows that script.

Take this example: You’ve created a carefully mapped-out routine. The kids are dressed, lunches are ready, and you’re almost out the door. Suddenly, one child can’t find their shoes, another spills their breakfast, and you realize the car needs gas. By the time you arrive at school or work, the whole morning feels like a failure.

Moments like these are not about poor planning—they're about being human. Life has unexpected bumps, and when we tie our well-being to sticking to a “perfect plan,” we set ourselves up for frustration, stress, and self-criticism. Over time, this pressure can impact our mental health, increasing anxiety and leaving us feeling inadequate.

So how do we keep moving forward without falling into discouragement when schedules go sideways?

Tips to Create a Flexible Framework

1. **Plan for “wiggle room.”** Instead of filling every minute, leave small gaps between activities so last-minute chaos doesn't undo your day.
2. **Prioritize, don't perfect.** Decide what *really matters today*. Maybe it's getting the kids to school fed and dressed—everything else is a bonus.
3. **Practice the pivot.** When plans derail, pause, take a breath, and ask: *What's the next best step I can take right now?*
4. **Build rituals, not rigid rules.** A short morning check-in, family dinner, or bedtime story can bring stability even when the day doesn't follow the plan.
5. **Be kind to yourself.** Remind yourself that “good enough” is often more than enough.

Why Flexibility Supports Mental Health

A flexible framework creates safety and predictability without the stress of perfectionism. It reduces guilt when things don't go exactly as planned and helps both parents and children feel less overwhelmed. In fact, showing kids how to adapt calmly when life shifts is one of the best life skills you can model.

So as you step from the slower rhythms of summer into the busyness of fall, remember: it's not about getting it “just right.” It's about creating space for both structure and grace.

Upcoming Events

September



Focus Forward: A parents guide to ADHD

Join us for a practical and supportive session designed to help parents better understand and navigate ADHD. Learn how to support your child with effective tools, strategies, and communication techniques that foster growth, confidence, and connection.

Educator: Michele - Registered Clinical Counsellor

Date: September 16, 2025

Time: 6:00 - 7:30pm

Cost: \$55.20

[Learn more](#)

October



Own Your Focus:

ADHD Tools For Teens

Does your teen struggle with focus, time management, or staying organized? You're not alone — and there's help! Join us for a psychoeducational class designed to equip teens with practical, effective strategies to manage ADHD and thrive in daily life.

Educator: Michele - Registered Clinical Counsellor

Date: October 7, 2025

Time: 6:00 - 7:30pm

Cost: \$55.20

[Learn more](#)

Healing After

Heartbreak

Join us for an empowering and informative psychoeducational class designed to help you better understand grief and loss that often follow a relationship breakdown and build skills to promote healing, self-acceptance and deeper self-understanding.

Educator: Sandra - Registered Clinical Counsellor

Date: October 22, 2025

Time: 6:00 - 7:30pm

Cost: \$27.96

[Learn more](#)

Health & Wellness

Wellness Tip of the Month

☐☐ **Getting Ahead of Seasonal Affective Disorder** ☐☐

Brought to you by Dr. Ali McMillan

Seasonal Affective Disorder (SAD) is a type of depression that tends to occur at the same time each year, typically in the fall and winter months when there is less natural sunlight. While it can be challenging to completely prevent SAD, several strategies and lifestyle changes can help reduce the risk of developing this condition or alleviate its symptoms. Here are some steps you can take:

Light Therapy

Light therapy, also known as phototherapy, involves exposure to bright artificial light that mimics natural sunlight. Using a lightbox or light therapy lamp in the morning can reduce SAD symptoms. Consult a healthcare professional for guidance on choosing the right lightbox and

using it properly. There are some risks associated with using light boxes, and overuse (too bright a light or too long a dose) reduces the benefits. People with bipolar disorder should avoid light boxes unless told otherwise by their psychiatrist.

Spend Time Outdoors

Whenever possible, spend time outdoors during daylight hours, even on overcast days. Natural light exposure, especially in the morning, can help regulate your circadian rhythm and improve mood.

Increase Indoor Lighting

Make your living and working environments as well-lit as possible. Open curtains or blinds during the day, and use higher-wattage bulbs in your home or workspace to improve indoor lighting. I love Wiz bulbs because they are not too expensive, they are easy to get locally and once installed, you have a lot of control over the colour and brightness of the light using an app on your cellphone. You can program the lights to turn off and on automatically at set times of the day.

Regular Exercise

Engage in regular physical activity, as exercise can help alleviate symptoms of depression, including those associated with SAD. Bonus points if you get that exercise outside or in a room with lots of natural light.

Social Support

Stay socially connected with friends and family. Isolation can worsen SAD symptoms, so maintain your social connections and seek support from loved ones when needed.

Professional Help

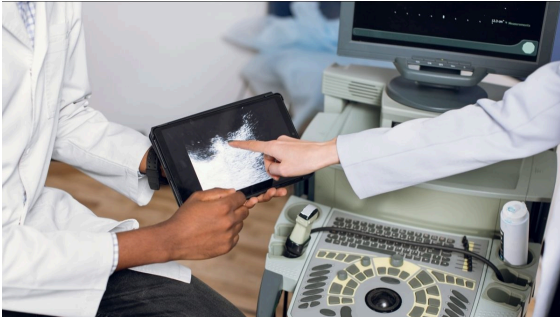
If you're experiencing severe symptoms or have difficulty managing SAD on your own, consider seeking help from a professional. Counselling can be helpful. Herbs used appropriately can often alleviate symptoms. Medications can be helpful for some as well.

It's important to remember that not all individuals will experience the same symptoms or respond to the same treatments. What works best for you may vary, so it's advisable to consult with a healthcare professional for a personalized approach to managing and preventing Seasonal Affective Disorder.

Bone Density Screening Opportunity

Reflective Soul Therapy & Wellness in Kelowna will host BoneHealth BC, a company providing convenient assessments of bone health. A Bone Mineral Density scan is a

viable tool for determining bone health, assessing osteoporosis, and guiding preventative treatment measures to reduce the risk of fractures and bone strength.



BENEFITS:

- ✓ Early detection of Osteoporosis and Osteopenia
- ✓ Monitoring treatment efficacy
- ✓ Guidelines for lifestyle change
- ✓ Early detection of other conditions

[Learn More](#)

Did You Know?

▮ **Featured Clinician of the Month** ▮

Michele Drescher



This September, we're excited to feature **Michele**, one of our dedicated **Registered Clinical Counsellors (RCC, MCAP, B.A., Certified Coach CI)** here at Reflective Soul Therapy & Wellness. Michele is passionate about helping individuals and families navigate life's challenges with strength, clarity, and self-compassion.

Michele's areas of expertise include **ADHD, autism spectrum support, athlete mindset and injury recovery, trauma, anxiety, depression, relationship issues, and parenting concerns**. Known for her warm, collaborative approach, Michele empowers her clients to move beyond internal barriers and build confidence, balance, and resilience.

This month, Michele will be hosting a special **class for parents of children with ADHD**. The session will focus on education, practical strategies, and compassionate support to help parents better understand their child's unique needs while also caring for their own well-being.

With extensive experience in **ADHD and performance psychology**, Michele brings both evidence-based tools and a compassionate presence to every session. Whether working with teens, parents, or adults, she creates a safe space for meaningful growth and lasting change.

If you're a parent looking for guidance and support in navigating ADHD, this class is a wonderful opportunity to learn, connect, and grow with the expertise of a seasoned clinician. Please see in the upcoming events section (above) to register.

Wellness Retreat



▮ 2026 Wellness Retreat

🌴 Escape Winter & Rejuvenate by the Ocean ▮

This February 2026, join for a 5 day rejuvenating and restorative **Wellness Retreat** designed to nurture your **mind, body, and soul**. Imagine waking up to the sound of waves, practicing mindfulness under the sun, and engaging in workshops that encourage empowerment and personal growth.

This retreat is more than just a getaway—it's an opportunity to step away from the stress of daily life and reconnect with yourself in a warm, oceanside paradise. You'll leave feeling restored, inspired, and ready to bring balance and intention into your everyday life.

☆☆ **Spaces will be limited**—sign up today to learn more and be the first to receive full retreat details!

[Learn more](#)

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REFLECTIVE SOUL THERAPY & WELLNESS

EMPOWERING WELLNESS, INSIDE & OUT

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