

MAY IS A MENTAL HEALTH MONTH



Thank you for joining our mailing list!
I am so excited to have you at Therapy Cocoon, LLC.

On the occasion of MAY- Mental Health Month, I bring to you your safe space
Therapy Cocoon, LLC.

May is Mental Health Awareness Month—a time to pause, reflect, and prioritize our emotional well-being. While we often look outward for change, true healing begins within... especially with the parts of ourselves we've long ignored.

One of the most overlooked, yet powerful, aspects of mental health healing is connecting with your inner child—the part of you that still carries unmet needs, pain, and beliefs formed early in life.

If you've ever:

- Struggled with self-doubt or people-pleasing
- Felt anxious when someone disapproves of you
- Reacted strongly to rejection or conflict
- ...that might be your inner child speaking.

Healing your inner child isn't about blaming the past—it's about acknowledging your wounds with compassion and giving yourself the care you may not have received then.

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HEALTH AWARENESS
MONTH**



MAY 2025

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★ This Month's Focus: Inner Child Healing

Here's how you can begin this month:

- 🧸 Journal Prompt: **"What did I need as a child that I didn't receive?"**
- 📄 Free Resource: **Download free Inner Child Healing Journal Worksheet**
- 🎧 Listen: **5-Min Guided Inner Child Meditation**

Therapy Cocoon, LLC
www.therapycocoon.com