

NYC Therapists Share Evidence-Based CBT Tools to Prevent Burnout and Mid-Year Stress

Feeling Good Psychotherapy encourages New Yorkers to address chronic stress with practical Cognitive Behavioral Therapy strategies before burnout takes hold.

NEW YORK, NY, UNITED STATES, August 11, 2026 /EINPresswire.com/ -- As the year reaches its midpoint, many professionals find themselves running on empty. Feeling Good Psychotherapy, a New York City-based psychotherapy practice specializing in evidence-based [Cognitive Behavioral Therapy](#) (CBT), is encouraging individuals to recognize the early signs of burnout and take proactive steps to protect their mental well-being before stress becomes overwhelming.

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Dr. Elise Munoz, LCSW, DSW



Half the year is gone. It's a good time to check in with yourself, too.

As July turns to August, many people find themselves at a natural checkpoint. While many people associate summer with rest and vacations, mental health professionals note that work demands, family responsibilities, and constant connectivity can make it difficult to truly recharge. According to the clinicians at Feeling Good Psychotherapy, burnout rarely happens overnight. It develops gradually through ongoing stress, emotional exhaustion, and unhelpful thinking patterns that can often be addressed with evidence-based therapy.

Why Mid-Year Is an Important Time to Check In

Burnout affects far more than workplace performance. It can contribute to anxiety, depression, irritability, sleep difficulties, relationship strain, and reduced motivation.

Many people dismiss these symptoms as simply being "busy," but persistent emotional

exhaustion deserves attention.

"Burnout often convinces people they simply need to work harder or push through," said Dr. Elise Munoz, DSW, LCSW-R, Founder and Clinical Director of Feeling Good Psychotherapy. "In reality, chronic stress changes the way we think, respond, and care for ourselves. Evidence-based CBT helps people recognize these patterns and develop healthier, more effective ways of managing life's demands."

Evidence-Based CBT Skills That Can Help Prevent Burnout

Feeling Good Psychotherapy utilizes Cognitive Behavioral Therapy and advanced TEAM-CBT techniques to help clients build practical, lifelong skills for managing stress.

Some of the strategies therapists commonly teach include:

- Identifying automatic thoughts that increase stress and perfectionism
- Challenging self-critical thinking and unrealistic expectations
- Setting healthier boundaries at work and home
- Replacing avoidance with intentional problem-solving
- Developing sustainable routines that support emotional resilience
- Learning practical coping skills that reduce anxiety before it escalates

Unlike approaches that focus only on discussing problems, CBT emphasizes learning concrete skills clients can apply between sessions and throughout everyday life.

Supporting Mental Health Across New York City

Feeling Good Psychotherapy provides therapy for adults, adolescents, children, couples, and families experiencing anxiety disorders, depression, career stress, work anxiety, trauma, OCD, relationship challenges, life transitions, low self-esteem, and other emotional concerns.



Rest isn't falling behind. Sometimes, it's exactly what keeps you moving forward.



You don't have to do everything. Start with what matters most today.

The practice offers secure [online therapy](#) throughout New York, as well as additional states where its clinicians are licensed, making evidence-based mental health care more accessible for busy professionals and families.

Small Changes Can Make a Big Difference

Many people believe they need to reach complete exhaustion before asking for help. Feeling Good Psychotherapy encourages individuals to seek support earlier, when small changes can often prevent larger mental health challenges from developing.

"Therapy isn't only for moments of crisis," Dr. Munoz said. "Many of our clients come to strengthen coping skills, improve resilience, and prevent stress from becoming something much larger. Learning these skills now can benefit every area of life, from work to relationships to overall well-being."

Take the First Step

Feeling Good Psychotherapy offers a free consultation for individuals interested in learning more about CBT and other evidence-based treatment approaches.

Those who are experiencing persistent stress, career burnout, anxiety, or emotional exhaustion can learn more or schedule an appointment by visiting:

<https://feelinggoodpsychotherapy.com/>

About Feeling Good Psychotherapy

Feeling Good Psychotherapy is a New York-based psychotherapy practice specializing in evidence-based mental health care for children, adolescents, adults, couples, and families. The practice offers Individual Therapy, Couples Therapy, Children and Adolescent Therapy, Family Therapy and Parenting Support, Intensive Therapy, and Online Therapy. Using Cognitive Behavioral Therapy (CBT), TEAM-CBT, and other evidence-based approaches, Feeling Good Psychotherapy helps clients build practical skills that promote lasting emotional well-being, healthier relationships, and meaningful personal growth. Services are available throughout New York and additional states through secure teletherapy.

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