

Feeling Good Psychotherapy Encourages New Yorkers to Prioritize Mental Wellness During National Wellness Month

New York City practice highlights free mental health resources to help individuals manage stress, anxiety, and life transitions throughout August.

NEW YORK, NY, UNITED STATES, August 25, 2026 /EINPresswire.com/ -- In recognition of National Wellness Month this August, Feeling Good Psychotherapy is encouraging individuals across New York City and throughout New York State to make mental wellness part of their everyday routine. As summer winds down and many prepare for back-to-school schedules, workplace transitions, and busier routines, the practice is reminding the community that caring for mental health is just as important as caring for physical health.



Sometimes a little space to slow down is exactly what you need to reset.

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Our goal is to remove as many barriers to mental health care as possible”

Dr. Elise Munoz, LCSW, DSW

August serves as a natural reset before the demands of fall begin. For many people, this time of year brings increased stress, uncertainty, and anxiety. Feeling Good Psychotherapy believes these challenges also present an opportunity to develop healthier coping skills through evidence-based therapy and practical psychological tools.

"Mental wellness isn't something we only think about during difficult moments," said Dr. Elise Munoz, Founder and Clinical Director of Feeling Good Psychotherapy. "Small, consistent habits can make a meaningful difference in emotional well-being. National Wellness Month reminds us that investing in our mental health today can help us navigate tomorrow's challenges with greater confidence and resilience."

Supporting Mental Wellness Through Evidence-Based Therapy
Feeling Good Psychotherapy provides evidence-based therapy for individuals, couples, children, adolescents, and families. The practice specializes in helping clients experiencing anxiety, depression, OCD, trauma, stress, relationship difficulties, life transitions, and many other emotional challenges through approaches including Cognitive Behavioral Therapy (CBT), Integrative CBT (TEAM-CBT), DBT, EMDR, and Relational Life Therapy.

Rather than simply helping clients cope with symptoms, therapists focus on teaching practical skills that individuals can continue using long after therapy concludes.

August Is the Perfect Time to Reset Healthy Habits

Many people associate January with fresh starts, but August often marks another important transition period. Students prepare to return to school, parents adjust family schedules, and professionals return from vacations to increasing workloads.



Making time for people, laughter, and connection can be part of taking care of your mental health.



A healthy reset can start with something as simple as giving yourself a quiet moment.

Feeling Good Psychotherapy encourages New York City residents to build simple habits that support emotional wellness, including:

- Creating realistic daily routines
- Identifying unhelpful thinking patterns
- Practicing self-compassion during stressful periods
- Setting healthy personal and professional boundaries
- Seeking support before stress becomes overwhelming

These small actions can help reduce anxiety while improving emotional resilience during periods of change.

Free Resources for the Community

As part of its commitment to making mental health care more accessible, Feeling Good Psychotherapy offers several free online self-assessments designed to help individuals better understand common emotional concerns, including anxiety, stress, burnout, and recurring anxiety patterns. These educational tools can help people determine whether additional support may be beneficial before scheduling a consultation.

"Our goal is to remove as many barriers to mental health care as possible," Dr. Munoz added. "Whether someone is ready for therapy today or simply wants to learn more about what they're experiencing, we want them to know compassionate, evidence-based support is available."

Serving New York City and Beyond

Feeling Good Psychotherapy serves clients throughout New York City and offers teletherapy for individuals across New York, as well as additional supported states listed on the practice website. The practice's diverse team of licensed therapists provides personalized treatment plans tailored to each client's unique goals, experiences, and circumstances.

Individuals interested in learning more about therapy services or scheduling a free consultation can visit <https://feelinggoodpsychotherapy.com/>.

About Feeling Good Psychotherapy

Feeling Good Psychotherapy is a New York-based psychotherapy practice led by Dr. Elise Munoz, providing compassionate, evidence-based mental health care for children, adolescents, adults, couples, and families. The practice specializes in Cognitive Behavioral Therapy (CBT), Integrative CBT (TEAM-CBT), DBT, EMDR, and other proven therapeutic approaches for anxiety, depression, trauma, OCD, relationship concerns, life transitions, and emotional wellness. Feeling Good Psychotherapy is committed to making high-quality mental health care more accessible through personalized treatment and practical skills that support lasting emotional well-being.

Dr. Elise Munoz, LCSW, DSW

Feeling Good Psychotherapy

+1 212-406-3520

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