

Therapy & Growth 101

A FAITH-INFORMED GUIDE
TO FINDING HELP + BUILDING
RESILIENCE

Your first step toward clarity,
growth, and transformation.



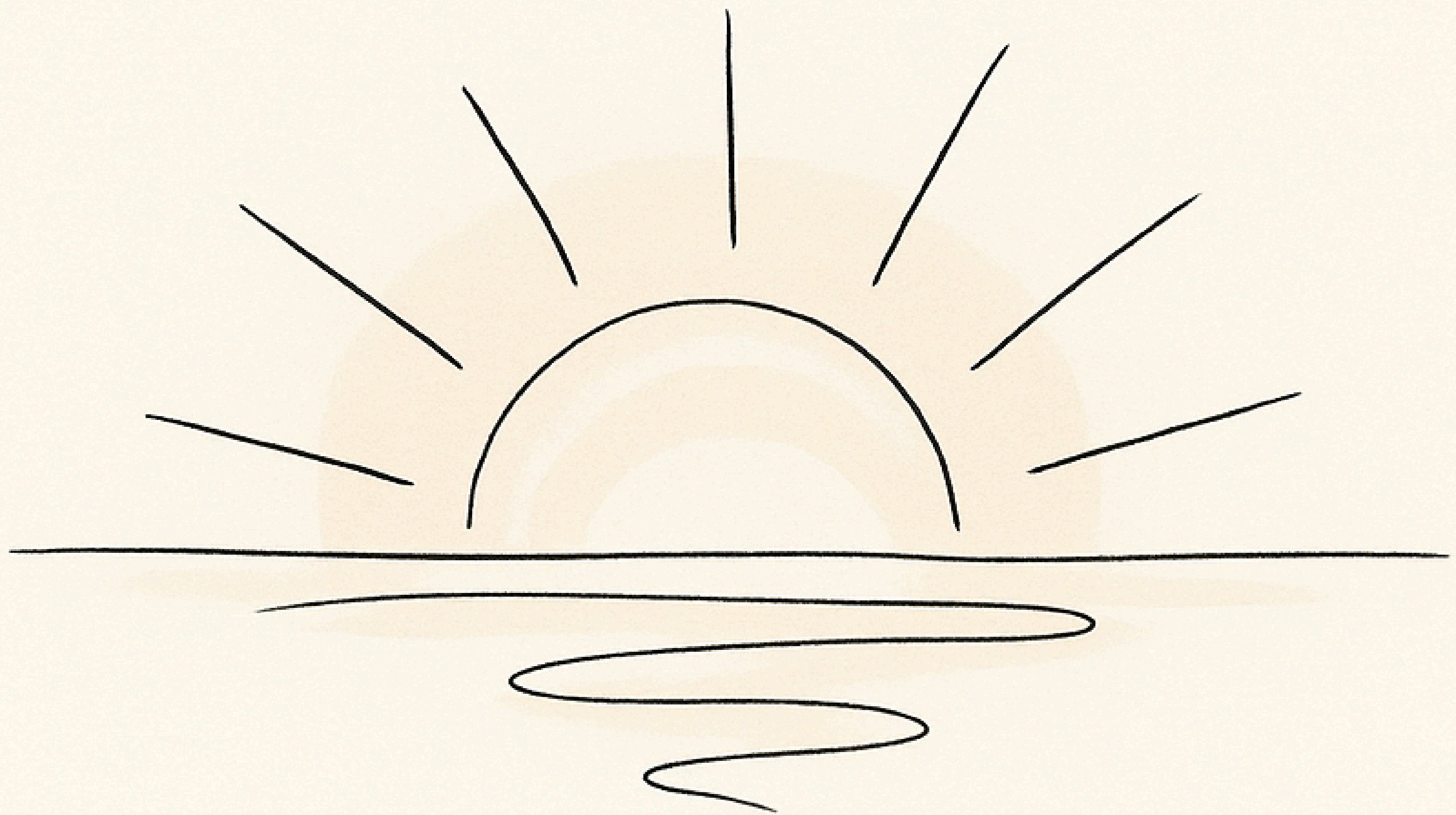
ZION COUNSELING CENTER LLC

Welcome to Therapy & Growth 101!

At Zion Counseling Center,
we believe growth happens when faith
and professionalism walk together.

Whether you're seeking clarity in your personal
life, navigating challenges, or exploring
leadership, we want you to know— you're not
alone.

This guide is designed to give you practical
tools, encouragement, and a first step
toward transformation.



Find a Great Therapist 101

When searching for a therapist, here are key things to look for:

- ✓ **Credentials** – Make sure your therapist is licensed and qualified.
- ✓ **Fit** – A strong therapeutic relationship is key. Look for someone who makes you feel heard.
- ✓ **Comfort** – Do you feel safe sharing openly? Trust and comfort matter.



What Else to Look For



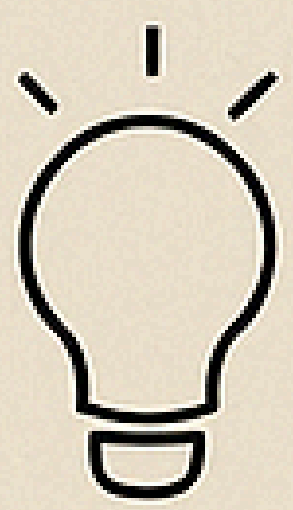
Approach

Every therapist has a style (CBT, faith-informed, psychodynamic, etc.). Find one that aligns with your goals.



Availability

Consistency is important for growth.



Remember, finding the right therapist is less about a 'perfect match' and more about a healthy, supportive partnership.



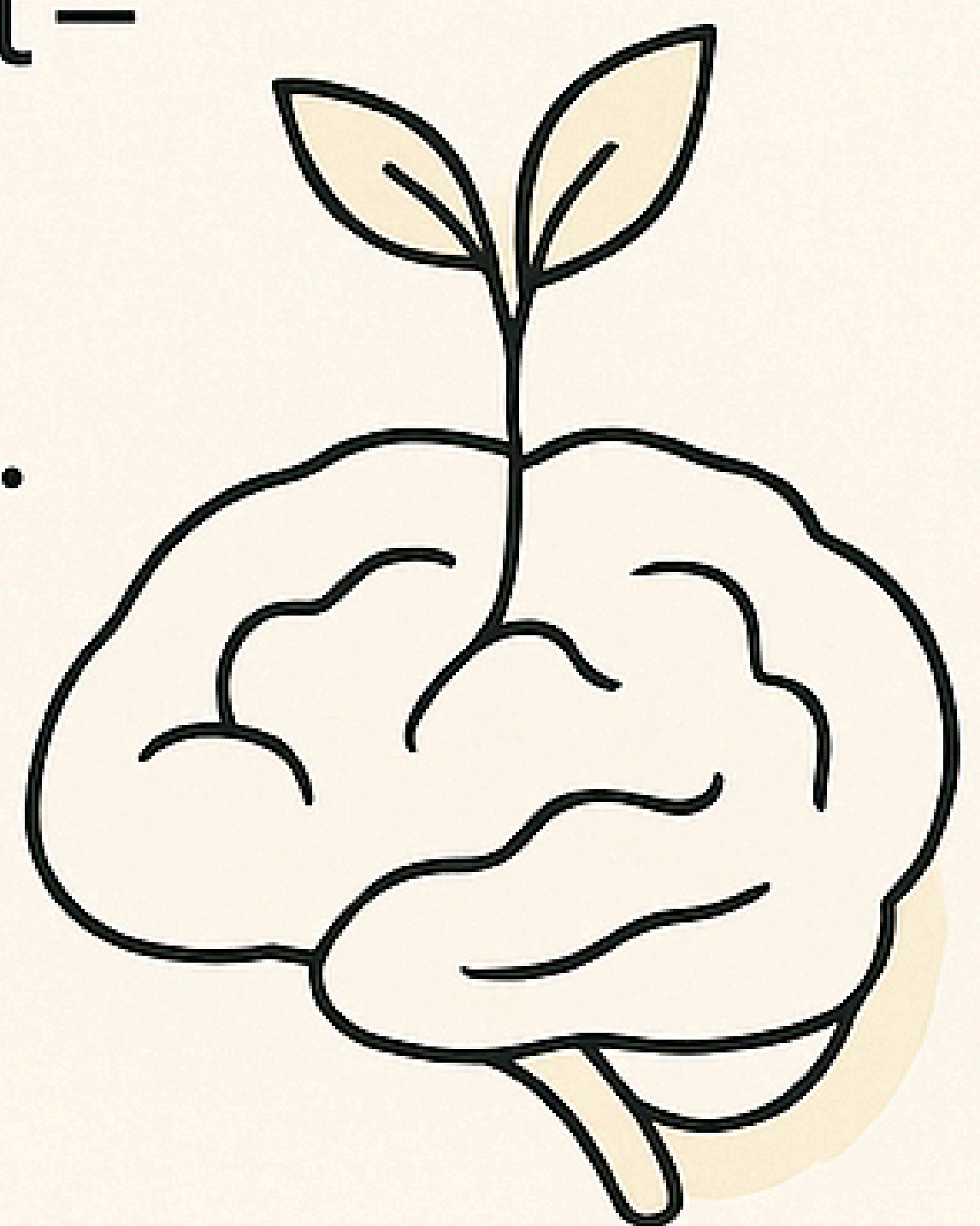
Mental Health Basics

Building resilience starts with small daily habits:

🌿 Prayer & Reflection – Center yourself in faith and purpose.

🌙 Rest & Sleep – Prioritize recovery and renewal.

🥗 Nutrition & Movement – Care for your body to strengthen your mind.



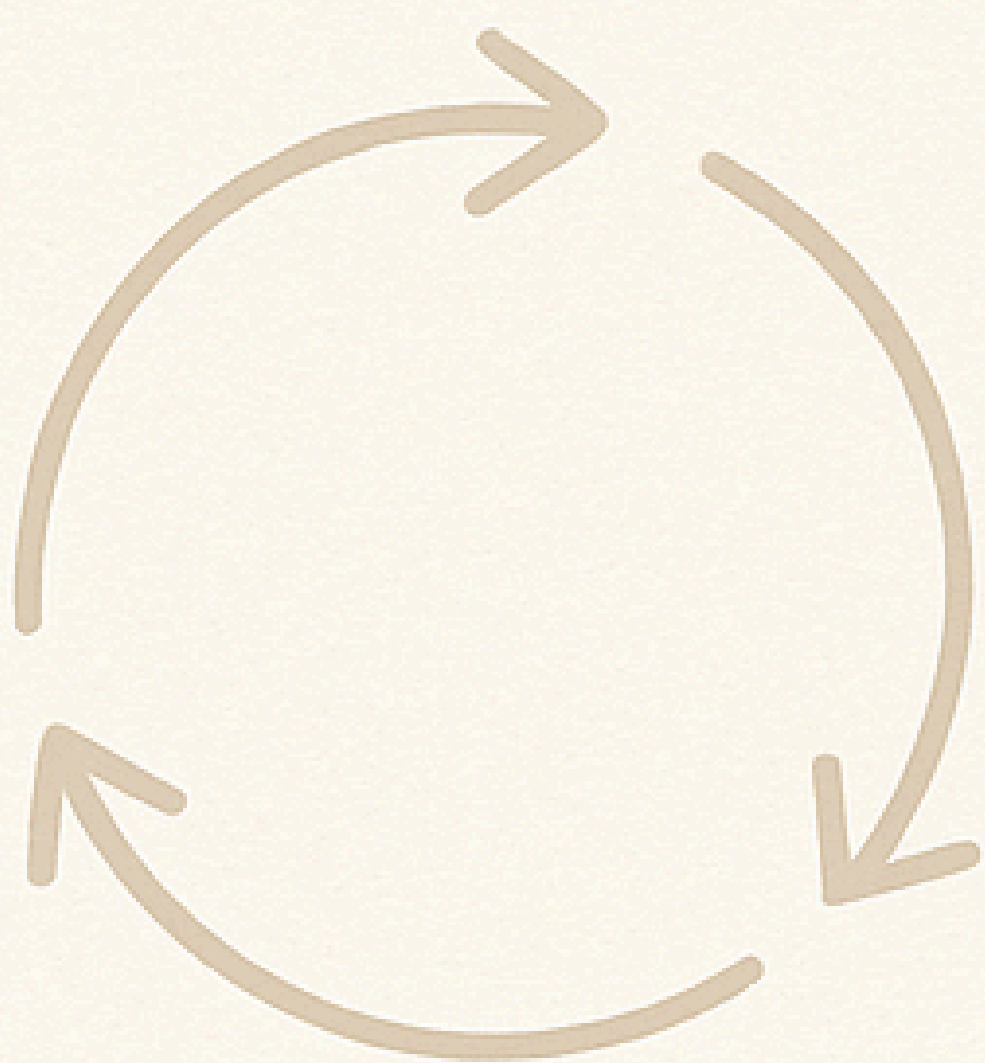
Daily Habits for Resilience

Community

Surround yourself with supportive people who lift you.

Journaling

Track emotions, prayers, and progress.

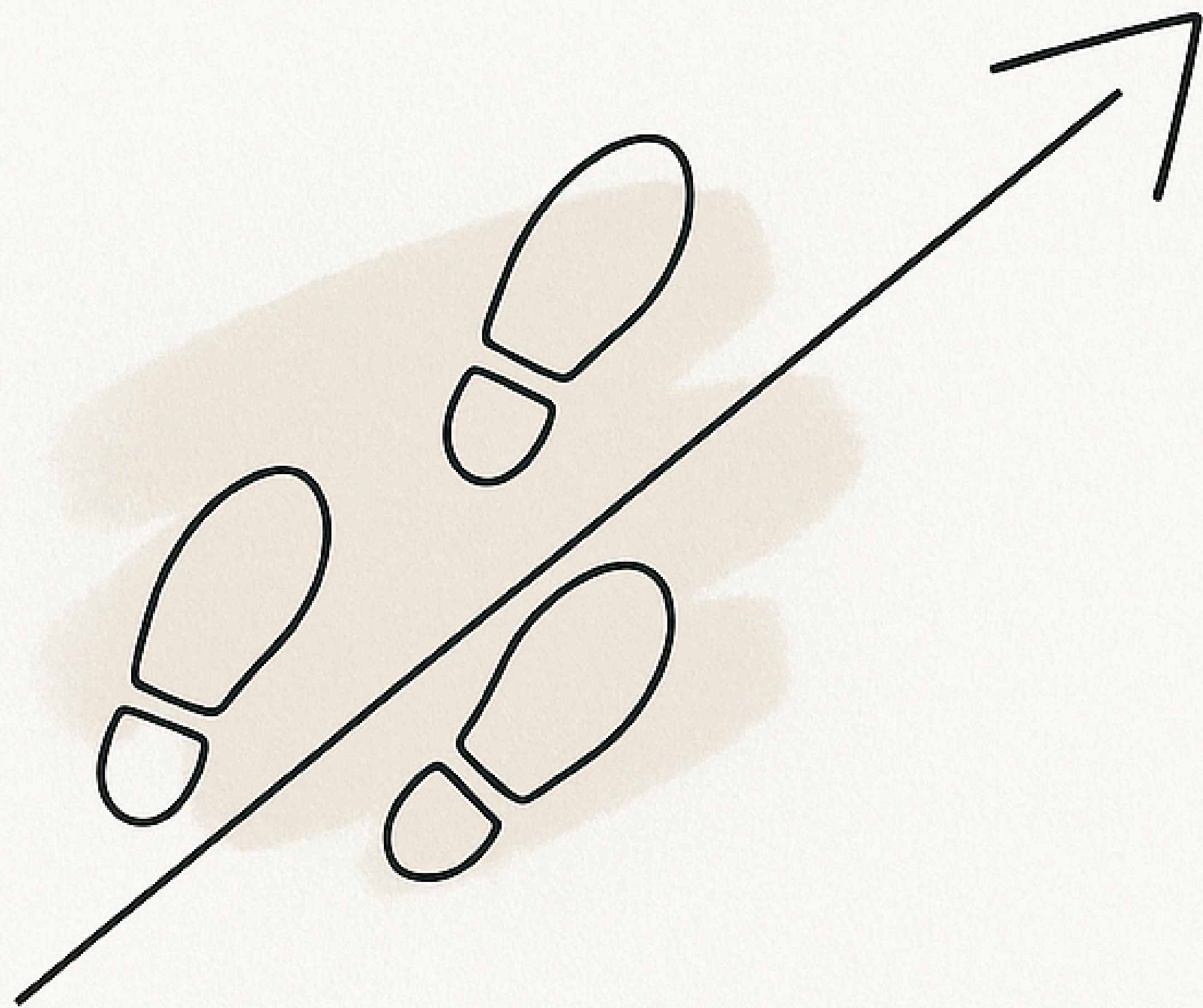


✦ Strong mental health is not about perfection—it's about consistent, intentional habits.

First Steps Toward Growth

Growth begins with small, intentional steps:

- 1 Recognize what you're experiencing.
- 2 Pray / Reflect on what matters most.
- 3 Reach Out to a trusted professional or supportive community.
- 4 Take a Step Forward – Schedule that call, attend the session, begin the journey.



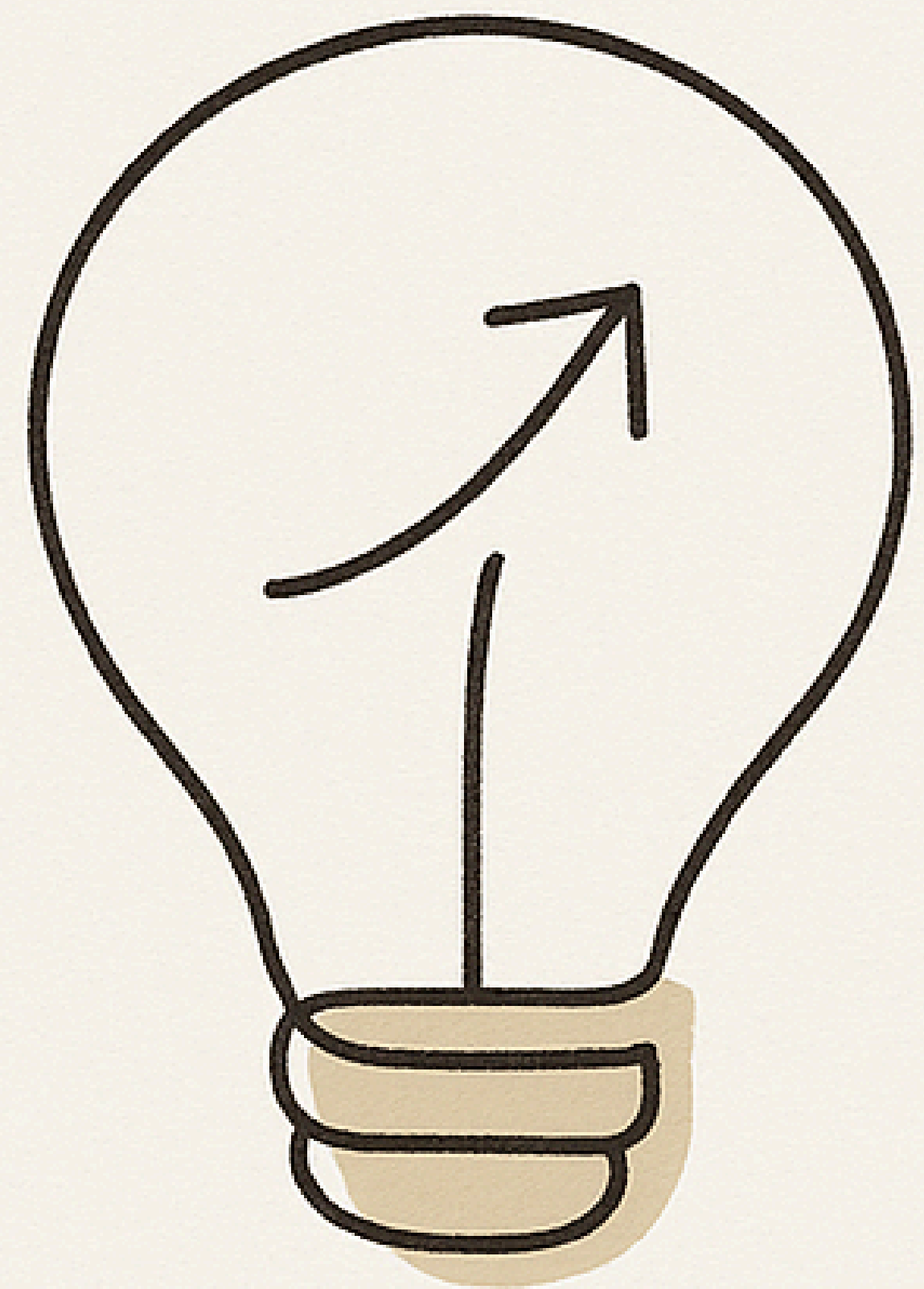
Clarity and transformation don't happen overnight—but each step forward is progress.

Let Us Be Your Executive Coaches

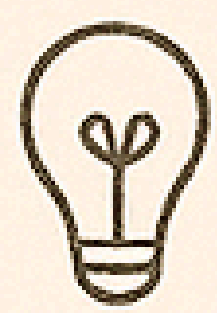
At Zion Counseling Center, we also walk with leaders, executives, and pastors.

We provide faith-informed leadership consulting to help you:

- Navigate stress and decision-making.
- Lead with clarity and resilience.
- Balance faith, family and responsibility.



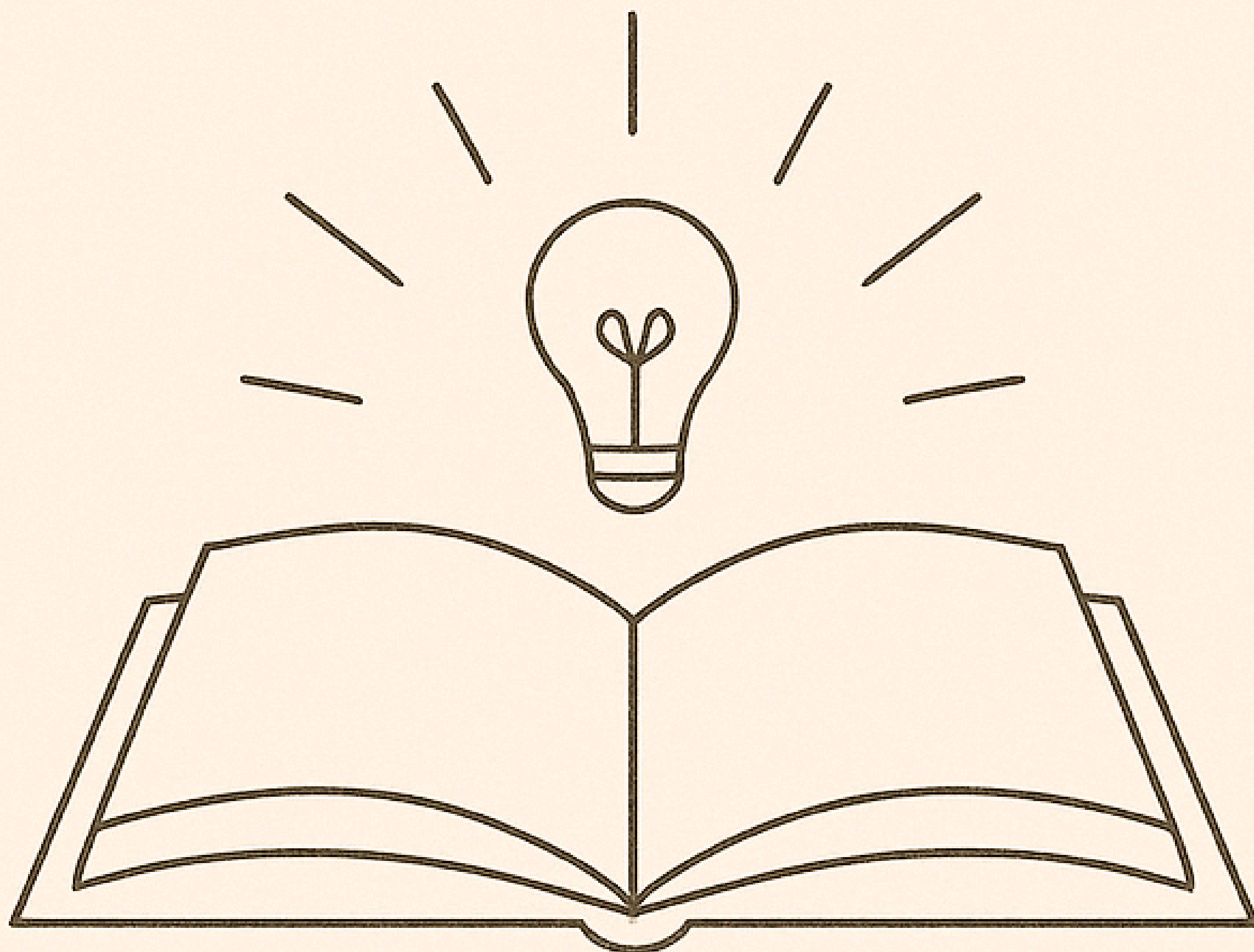
Strong leadership starts with grounded growth.



Bonus Tip: Start with a free resource like this one!

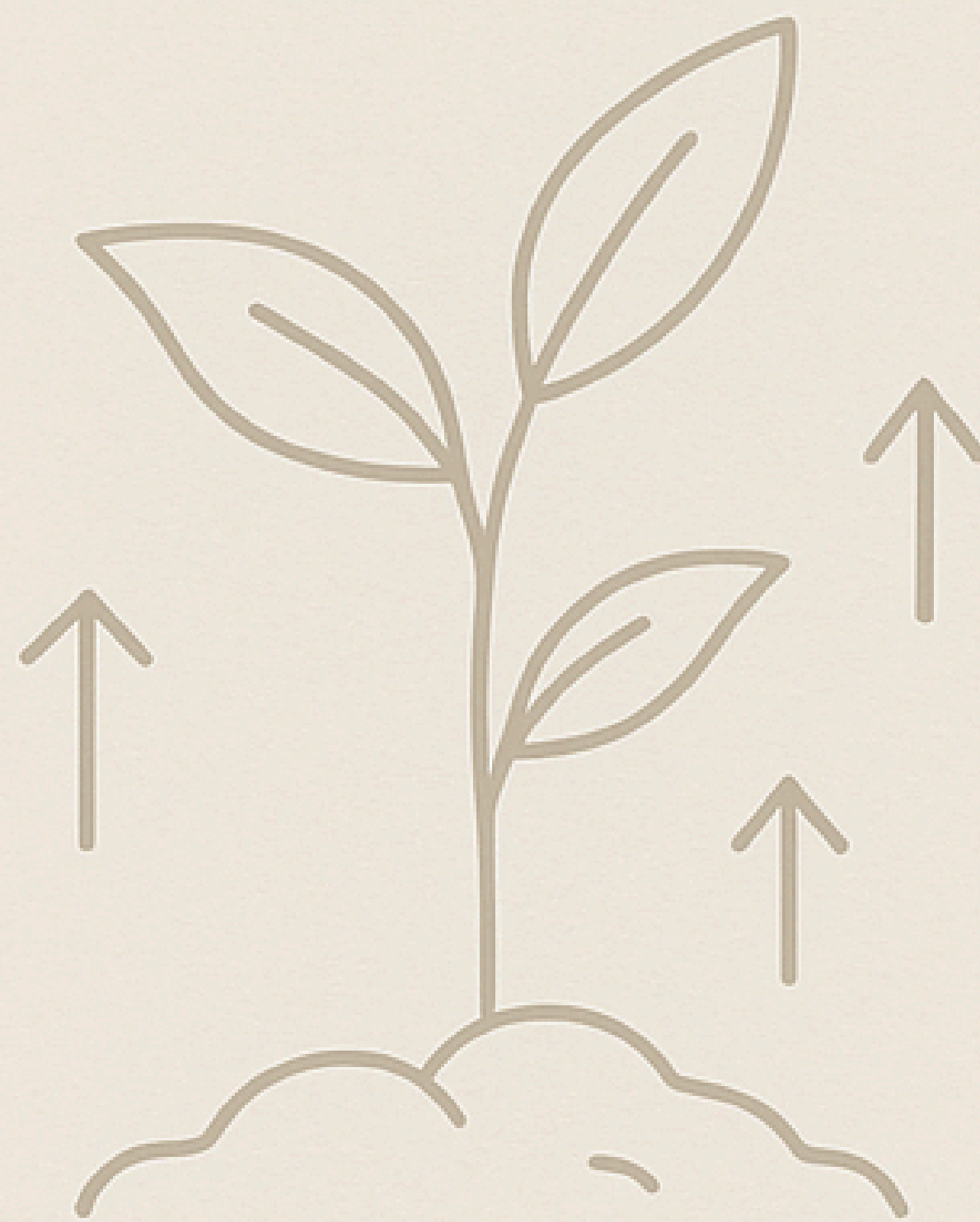
Building your toolbox for growth doesn't have to be overwhelming. Small steps, practical resources, and intentional reflection set the stage for transformation.

Keep adding tools. Keep moving forward.



Your journey of growth begins with a single step.

Take the first step today—because
growth and change are possible.



👉 **Book your session now at**
www.myziontherapy.com

Zion Counseling Center is here to
walk with you toward clarity,
resilience, and transformation.