

# NEWS Letter



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## Letter from the Therapist

A lot of us are carrying the emotional weight of everything going on right now — the uncertainty, the fear, the frustration. I hear it from clients, friends, and family.

This newsletter is my way of showing up for you, sharing some tools, insights, and reminders to help you navigate it all.

You don't have to face this alone  
— I've got you.

01/05

## Autumn 2025



En Esto Juntos – In This Together:  
Collective Grief & Uncertainty



Self-Care Tips to  
Manage Anxiety & Fear



I Need a Therapist!  
How Do I Start Looking?



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# En Esto Juntos – In This Together: Collective Grief & Uncertainty

Each morning I walk four miles through a park in my neighborhood in Tampa.

A few months ago, someone had written in pink chalk on the trail: “EN ESTO JUNTOS” — and a few feet later: “IN THIS TOGETHER.”

## “I took the message to heart.”

As a Black man living in a Cuban community, I took that message to heart. For me, it meant: no matter your background or political beliefs, we’re all Americans, and we’re all feeling the weight of what’s happening in our country right now.



Back in 2021, I was invited to speak on a panel about grief just as we were coming out of the COVID-19 pandemic. I spoke about Collective Grief — the deep, shared mourning we all felt over what we lost: loved ones, routines, celebrations, and a sense of normalcy.

Today in 2025, many of us are feeling that collective grief again. This time, it’s not from a virus, but from political and social upheaval. Since the most recent inauguration, more than 140 executive orders have been signed, many directly impacting vulnerable communities: veterans, immigrants, the disabled, women, transgender individuals, and people of color. Programs that once provided a sense of support and stability — including DEI initiatives, educational grants, healthcare access, and legal protections — are disappearing.

People are afraid. They’re unsure about what’s coming next, and for many, it feels like the ground is shifting beneath them. We’re not just uncertain about policies; we’re uncertain about our rights, our safety, and the direction of our country.

02/05

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# What is Collective Grief?



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Collective grief is a type of grief experienced when a community or society undergoes a significant loss or change at the same time. It could be caused by war, natural disasters, terrorist attacks, pandemics, or political instability.



## How Do We Cope With Uncertainty and Collective Grief?

**Here are some strategies** I encourage clients to use, and I hope they'll be helpful for you:



1. **Acknowledge what you're feeling.** You don't have to pretend everything is okay. Let yourself feel what comes up — sadness, anger, confusion. Grief doesn't need fixing, it needs witnessing.



2. **Focus on what you can control.** You might not be able to change laws or policies, but you can decide how you take care of yourself, how you treat others, and how you respond to stress.



3. **Limit exposure to news and social media.** Stay informed, yes — but give yourself permission to take breaks from the constant updates.



4. **Stick to routines and grounding practices.** Even small routines can offer structure and calm in chaotic times.



5. **Use your internal and external coping resources.** Internal: meditation, journaling, prayer, walks, creative outlets. External: conversations with loved ones, support groups, therapy, spiritual communities.



6. **Name your fears and talk about them.** Find people you can talk to openly. Sometimes simply naming what you're scared of can take away some of its power.



7. **Take small, meaningful action.** Volunteer, advocate, connect with a cause. Action creates hope.

**In Closing** This is not a quick fix. But it's a reminder that what you're feeling is valid — and you're not alone. We're in this together.

03/05

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*best life!*



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## Tips for SELF CARE

- Get back to the basics: sleep, movement, healthy eating, hydration
- Practice mindfulness and grounding exercises
- Spend time doing things you enjoy

## MANAGE ANXIETY & FEAR

- Journal to process thoughts and feelings
- Talk to a trusted friend, mentor, or therapist
- Pay attention to negative thought patterns and challenge them
- Take social media breaks and unplug



**What's Coming Next In our Winter News:**

- **Relationships:** Do You and Your Partner Have a Safe Space for Communication?
- **Exploring EMDR Therapy:** Is It Right for You?

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**BOOK NOW** 







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**Providing Therapy Services in California  
& Florida; Coaching Services Nationwide**



1. **Know why** you're seeking therapy  
(anxiety, grief, trauma, relationships)
2. **Decide how** you'll pay (insurance, out-of-pocket, sliding scale)
3. **Use resources** like Psychology Today, Therapy for Black Men, or ask your PCP
4. **Think about** who you'd feel most comfortable with (race, gender, vibe)
5. **Understand credentials** (LCSW, LMFT, LMHC, PsyD, PhD)
6. **Ask if** they offer a free consultation
7. **Decide between** in-person, virtual, or hybrid sessions
8. **Choose session** frequency that fits your needs

You can switch therapists if it doesn't feel like the right fit. Therapy should feel supportive, not forced.

05/05

# I need a Therapist.

## How do I start looking?

Looking for a therapist can feel overwhelming. Here are a few steps to guide you:

### BOOK A SESSION WITH OAK TREE BEHAVIORAL SERVICES

- Call for a 20-minute free consultation: (813) 997-3555
- Visit [Oaktree-Behavioral.com](https://oaktree-behavioral.com) to fill out a contact card
- Email us at:  
[oaktree.behavioralservices@gmail.com](mailto:oaktree.behavioralservices@gmail.com)

## Quote of Affirmation:

*"Nothing is wrong — whatever is happening is just real life."*

## Connect with us:



If this newsletter spoke to you, pass it along to someone who might need it too. And if you — or someone in your circle — could use some support, just know we're here.

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