

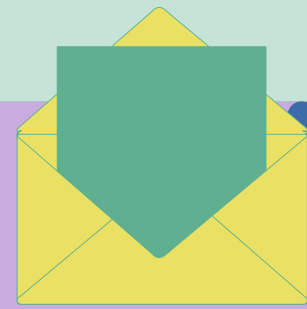


Vol. 3 March 2026

LABS

Newsletter

WWW.LUZIOASSOCIATES.COM



**WE'RE HERE TO
HELP WHEN YOU
NEED IT MOST!**

If you are interested in booking with one of our mental health professionals, please contact us to schedule an appointment. We are happy to assist!

Contact us!

**Luzio & Associates
Behavioral
Services**

4411 Washington
Ave Ste 300
Evansville, IN

812-479-1916
*our phones are
answered 24/7!

I'M FEELING LUCKY

"I'm feeling lucky" doesn't have to mean that everything is perfect—it can simply reflect moments of gratitude, resilience, or unexpected support along the way. In mental health, feeling "lucky" often shows up as small wins: a calm moment during a stressful day, a conversation that felt validating, or the courage to keep going despite challenges.

Recognizing these moments isn't about minimizing difficulties; it's about acknowledging strength, growth, and the supports that help us move forward. Sometimes, luck looks less like chance and more like the quiet effort it takes to care for yourself, one day at a time.



MONTHLY SELF-CARE TIP:

Tip: When you're feeling "lucky," pause to name one small moment or strength that helped you get through the day—it builds resilience by training your brain to notice support and progress.

