

WILMINGTON, NC

OCTOBER 2023

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# WELLNESS IN WILMINGTON



LET'S GET  
WELL.

## HIGHLIGHTS

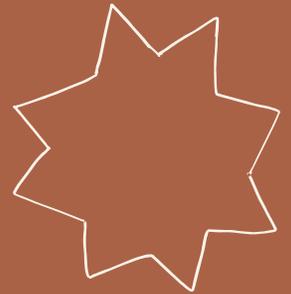
*A spotlight on Wilmington N.C.'s booming wellness industry and what it has to offer you.*

OCTOBER 2023

# WILMINGTON WELLNESS

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**A spotlight on the wellness options Wilmington, NC has to offer you.**

CREATED BY STEFANIE ROBACK LCSW, LCAS

# WELLNESS IN WILMINGTON



## ABOUT ARISE:

When we opened the doors to Arise, the intention was to establish a practice that could offer the Wilmington community help with life's challenges from a team of highly-skilled and educated therapists.

Educated in a range of modern health philosophies and experienced in the treatment of a range of mental health concerns, individuals will receive the help they need from a professional team of women with extensive mental health training and education.



## SPECIALTIES

- Adolescents, Young Adults, Adults
- Couples Counseling
- PTSD & Trauma
- Self-esteem & Identity Issues
- Disordered Eating & Body Image Concerns
- Anxiety Disorders
- Depression
- Insomnia and sleep-related issues
- Stress Management
- EMDR



# WELLNESS IN WILMINGTON



**Counseling + Therapy**  
located on Wrightsville Beach,  
NC  
Serving the greater  
Wilmington area

**INSURANCES ACCEPTED:**  
**BLUE CROSS BLUE SHIELD**  
**CIGNA**  
**AETNA**  
**SELF-PAY**  
**REDUCED RATE**



## WELLNESS Q&A

### WHAT DOES WELLNESS MEAN TO YOU?

Wellness to me means finding freedom within yourself. This can be physical, mental, spiritual and hopefully all of the above. Wellness is finding what makes you feel your best and incorporating that into your lifestyle.



### WHAT STEPS CAN WE TAKE AS A COMMUNITY HERE IN WILMINGTON TO CREATE A MORE SUPPORTIVE ATMOSPHERE AROUND HEALTH AND WELLNESS?

What we love about Wilmington so much is the community aspect. There is so much support available and so many conversations happening to normalize mental health care and wellness. I think that the more we continue to have those conversations and point others in the direction of feeling well, the better our community will be.

### ARE THERE ANY EMERGING TRENDS OR INNOVATIVE APPROACHES IN THE FIELD OF WELLNESS/HEALTH THAT YOU FIND PARTICULARLY PROMISING OR EXCITING?

In recent years, preventative care has become more and more talked about and encouraged. We firmly believe in working to find the rhythm in life that helps you feel free and well and making this a part of who you are. For us, this can look like seeking mental health care for maintenance or to understand yourself on a deeper level, versus coming in just due to current issues occurring.



### WHAT IS YOUR FAVORITE PART ABOUT WHAT YOU GET TO DO AT ARISE?

Walking alongside others as they discover more of who they are and feel more like their true selves is an incredible process. We love that we get to witness healing and growth.

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# WELLNESS IN WILMINGTON



## ABOUT 23 PSYCHIATRY:

23Psychiatry is an outpatient, psychiatric practice that focuses on the whole person, starting at the genetic and cellular level. Much like a complete set of genetic information comprises 23 pairs of chromosomes; at 23Psychiatry we believe that in order to achieve optimal health we must view a person in their entirety. It is our mission to seek out the cause of our client's chief complaints. We take a functional approach, knowing that sleep, nutrition, genetics, interpersonal relationships and thought patterns all play an important role in how well each of us functions.

23Psychiatry was founded out of experience and passion by board certified psychiatrist, Hans Stelmach and Physician Assistant, Melissa Rice. The team at 23Psychiatry firmly believes we can initiate sustainable improvements not only by utilizing tried and true practices but also via cutting-edge and innovative treatment modalities. We pride ourselves on offering accessible, individualized care through telehealth medicine which allows for comfort and convenience.



## SERVICES:

23 Psychiatry offers a range of services including psychiatric evaluations, medication management, sports psychiatry, specialized referrals and pharmacogenetic testing. We are excited to announce that 23Psychiatry now offers at home, sublingual Ketamine.

Ketamine is an FDA approved dissociative anesthetic, which has been increasingly prescribed for the treatment of anxiety, depression, and several other mental health disorders. We offer treatment to those eighteen years and older at varying stages of life and mental health needs. We would love to see if we are the right fit for you and your overall wellness.



## WELLNESS Q&A

### WHAT DOES WELLNESS MEAN TO YOU?

23Psychiatry promotes wellness in multiple areas of spiritual, emotional, and physical health. All are connected and are interwoven to create a strong foundation to explore adversity, challenges, anxiety, and to promote new growth opportunities.



**WHAT STEPS CAN WE TAKE AS A COMMUNITY HERE IN WILMINGTON TO CREATE A MORE SUPPORTIVE ATMOSPHERE AROUND HEALTH AND WELLNESS?**

23Psychiatry practices by the mantra that it is Never the wrong time to do the Right thing. We are humans caring for humans, both in professional and personal interactions. This way of life allows for opportunity for help to come from unexpected interactions and experiences.

### ARE THERE ANY EMERGING TRENDS OR INNOVATIVE APPROACHES IN THE FIELD OF WELLNESS HEALTH THAT YOU FIND PARTICULARLY PROMISING OR EXCITING?

We recognize the importance of trauma in our life experiences and are unflinching in our eclectic approach to heal and live our best lives. We value new nutritional findings, minimizing traditional medication and polypharmacy when possible. We believe in healthy relationships, physical activity and spirituality as healing remedies to promote next level experiences and living. We are proponents of new breakthrough treatments with ketamine which we currently prescribe, and psychedelic therapies that are on the horizon.



**WHAT IS YOUR FAVORITE PART ABOUT WHAT YOU GET TO DO AT 23 PSYCHIATRY?**

We love treating clients as our authentic selves; we value honest communication and actively working together as a partnership to get to our best selves as fellow humans.

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# WELLNESS IN WILMINGTON



## ABOUT STAY COZY:

At Stay Cozy Wellness Studio, every holistic facial will be an intentional experience, from the personalized consultation to the customization of each treatment. Healthy skin is all encompassing. It considers the individual's lifestyle, hormonal health, diet, sleep patterns and genetics. My consultations cover all of the bases so that I can create an individualized plan for each woman who enters my treatment room.

The space has been designed to foster a sense of peace and serenity. Our retail section is cozy and intimate. Every item has been carefully curated and crafted from the organic skincare to the handmade ceramics. My mission is to help women show up for themselves by prioritizing their wellness rituals.



## OWNED BY NANCY HAAS

I became a licensed esthetician five years ago after deciding that my original career path was not giving me the fulfillment that I was searching for. I knew that I wanted a career in which I could be creative and make a positive impact on people's lives.

I worked as a licensed esthetician in New York for four years before moving to North Carolina. In that time, I was trained by some of the most renowned estheticians, medical spa owners and skincare educators in New York.

Eventually, I decided that holistic esthetics was the path that felt true to me. I hope that Stay Cozy Wellness Studio will bring you as much joy and peace as it has brought to me.



## WELLNESS Q&A

### WHAT DOES WELLNESS MEAN TO YOU?

I believe that wellness is a very personal and sacred thing that means something different to everyone. Wellness can be anything that improves someone's life in a big or small way. For me, wellness is about taking small steps towards bettering my health and emotional well being. I try to approach everything I do in my life with intention and gratitude. A few things that have made a lasting impact on my well being are making time for movement that I enjoy, incorporating more whole foods into my diet and dedicating free time to my creative hobbies and connecting with others.



### WHAT STEPS CAN WE TAKE AS A COMMUNITY HERE IN WILMINGTON TO CREATE A MORE SUPPORTIVE ATMOSPHERE AROUND HEALTH AND WELLNESS?

One of the reasons that I love Wilmington is that it is a very wellness driven community! There are so many small businesses that are centered on holistic healing. Our community is fortunate to have a wide range of wellness practitioners that I am constantly learning from. I feel so grateful to have such a wide network of professionals that I can connect with and refer my clients to!

### ARE THERE ANY EMERGING TRENDS OR INNOVATIVE APPROACHES IN THE FIELD OF WELLNESS HEALTH THAT YOU FIND PARTICULARLY PROMISING OR EXCITING?

I'm an advocate for going back to the basics. There will always be exciting new trends in the wellness industry and that is wonderful, but I think that a simplified lifestyle is the best foundation for those who are beginning their wellness journey. Slow living, whole organic foods, clean products, movement, connection, minimalism and routine are a great starting point. The rest is up to the individual!



### WHAT IS YOUR FAVORITE PART ABOUT WHAT YOU GET TO DO AT STAY COZY?

I am so grateful that I have had the opportunity to open a small business in this supportive and uplifting community. Providing a holistic facial in a serene atmosphere is a meditative experience for my clients, as well as myself. I love building relationships with the women who walk into my treatment room and seeing them leave feeling more confident and beautiful in their skin. I love this profession because I am constantly learning from other practitioners, skincare lines, and master estheticians. I look forward to seeing my new small business grow and am thrilled to be a part of the wellness community in Wilmington!

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# WELLNESS IN WILMINGTON



## ABOUT TULA WELLNESS:

"I work 1:1 with folks who want to pursue health & wellbeing from a health at every size approach, using intuitive eating and mindfulness as a framework.

I provide support in cultivating awareness of current habits & making sustainable changes to your nutrition, movement, and self-care habits without obsessing over the scale and/or food."



## SERVICES:

*Build awareness of current nutrition and wellness habits.*

*Understand your relationship with food & dieting history.*

*Determine your unique (non-scale related) goals.*

*Work together to formulate a specific & actionable plan to reach those goals.*

*Remove obstacles that prevent you from reaching your goals.*

*Celebrate every win!*



## WELLNESS Q&A

### WHAT DOES WELLNESS MEAN TO YOU?

To me, wellness is a concept that encompasses finding balance in all the areas that make us whole. I like to picture wellness as a steering wheel, where the different areas we can grasp to drive the wheel would represent pillars of wellness (that are within our control): nutrition, movement, sleep, hydration, stress management, spirituality, self-care, love & connection with others. If we put too much emphasis on one part of the wheel, we end up neglecting other parts & turning the wheel off course. If we can pour attention into each area in a balanced way, the wheel stays straight.



### WHAT STEPS CAN WE TAKE AS A COMMUNITY HERE IN WILMINGTON TO CREATE A MORE SUPPORTIVE ATMOSPHERE AROUND HEALTH AND WELLNESS?

I believe networking with other health professionals to learn their offerings & expertise, and understanding our own limitations so that we can refer out or bring other providers into the support team when working with clients is one of the most supportive things we can do. Another step we can take to promote a supportive atmosphere around wellness is to make health and wellness seem more approachable and less "all or nothing". I believe in helping people "find the gray" in a culture that tends to promote black and white thinking around wellness.

### ARE THERE ANY EMERGING TRENDS OR INNOVATIVE APPROACHES IN THE FIELD OF WELLNESS HEALTH THAT YOU FIND PARTICULARLY PROMISING OR EXCITING?

As a non-diet registered dietitian, I am excited about the emerging attention to the Health At Every Size approach to health, which honors & respects body diversity & promotes eating and exercise behaviors from a place of self-care & compassion over self-ridicule. I am also excited about Intuitive Eating being more widely accepted, though we still have a long way to go!



### WHAT IS YOUR FAVORITE PART ABOUT WHAT YOU GET TO DO AT TULA?

My favorite part about my job is working alongside women to heal their relationship with food & their bodies and provide them with tools to dismantle internalized belief systems about what it means to have a positive body image. I love helping women learn to eat \*enough\* and let go of the restrictive mindset around food that keeps us stuck in the restrict/binge/shame cycle. I am eternally grateful to witness my clients go from a place where calories, food rules, & steps take up the majority of their brain space to a place where they free up their minds to focus on what really matters to them, like the people they love & hobbies they enjoy.

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# WELLNESS IN WILMINGTON

## ABOUT PARENT LIKE IT MATTERS:

Parent Like It Matters, founded by Lauren Butler, LCSW, is a group therapy practice with the intention of providing a team of therapists dedicated to working solely with children, parents, and their families to the greater Wilmington, NC community. We believe that mental health matters from the very beginning and that every family, regardless of what they are going through, deserves a place to heal with the support of a group trained exclusively for their needs.



## SERVICES:

Play therapy, Cognitive behavioral therapy, Child EMDR sessions, Parenting support sessions, family sessions, Christian counseling upon request



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## WELLNESS Q&A

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### WHAT DOES WELLNESS MEAN TO YOU?

To me and in terms of Parent Like It Matters, wellness means that everyone in a family has healthy mental health functioning, fulfilling relationships with each other, a strong support system, and healthy habits. It also means that there is a much greater focus on thriving together as opposed to just surviving from one day to the next.



### WHAT STEPS CAN WE TAKE AS A COMMUNITY HERE IN WILMINGTON TO CREATE A MORE SUPPORTIVE ATMOSPHERE AROUND HEALTH AND WELLNESS?

From a family-based perspective, the Wilmington community can continue to promote a family-friendly environment with resources and support for parents that may need them. Raising children in this day and age is such a challenging experience and often becomes isolating, especially after continuing to come out of pandemic life. In order to combat this isolation, support is needed so that parents and children alike understand that they are never alone and there are others in the same season of life as they are.

### ARE THERE ANY EMERGING TRENDS OR INNOVATIVE APPROACHES IN THE FIELD OF WELLNESS HEALTH THAT YOU FIND PARTICULARLY PROMISING OR EXCITING?

Within the mental health field, I continue to see a growing number of trainings and therapy skills that promote family well being, not just an individual member of the family. Individual therapy is such an important part of what we do at Parent Like It Matters, but it is only a piece of the puzzle. For a child to heal, they need a firm foundation for their family members and vice versa. Within the Wilmington, NC community, there continue to be a growing number of resources that allow for support for parents which is critical to family success!

### HAT IS YOUR FAVORITE PART ABOUT WHAT YOU GET TO DO AT PLIM?

As a child and family therapist, I get a firsthand look on a daily basis at parents showing up for their children, their families, and themselves, and it is incredibly empowering. As a mom myself, it is not lost on me how difficult it can feel to trust someone you just met with your child's mental health and the most intimate pieces of your parenting journey. I strive to always remember that and work hard to help your child become the best possible version of themselves all while having a little fun along the way!



# WELLNESS IN WILMINGTON

The logo for figgyCo, featuring the brand name in a lowercase, elegant script font. The 'Co' is written in a cursive style.

## ABOUT FIGGY:

I created Figgy Co. when I realized I couldn't locally source my favorite clean beauty products.

I left my job as an ultrasound technologist and concentrated my efforts on creating a space dedicated to self-care; a place where I could share the best and cleanest natural beauty and wellness products with the Wilmington area.

Whether you're all-natural obsessed product junkie like me or just starting your wellness journey, I'm excited to get to know you and share this space with you.



## ABOUT JENNY:



Like many others in the clean beauty industry, my story begins with health issues.

I had been on a wellness journey for over ten years and was sure I could count on my thirties to kick my skin problems to the curb. Regardless of my age or what "miracle" I bought into, my skin never seemed to respond the way I hoped. I would lament that I shouldn't have to deal with both acne and fine lines. It wasn't until I started having health issues --specifically Hashimoto's disease-- that I began to analyze not only what I put in my body but also what I put on it.



## WELLNESS Q&A

### WHAT DOES WELLNESS MEAN TO YOU?

My personal health issues inspired me to open Figgy Co, a clean beauty store, and so wellness holds a crucial significance in my life. Wellness goes beyond just the absence of illness; it encompasses a holistic approach to maintaining physical, mental, and emotional well-being. Wellness is a multi-faceted concept that guides my business and personal life. It involves finding harmony between well-being, community engagement, environmental consciousness, and a commitment to continuous growth and positive impact. Since I run Figgy Co, wellness involves promoting and using products free from harmful chemicals and toxins. I vet every product to offer customers safe and sustainable beauty options that contribute to their overall health. Figgy Co serves as a platform to engage with like-minded individuals who value health and wellness. Wellness means fostering a supportive community and empowering customers to make informed decisions about their health and beauty choices. Wellness also encompasses being environmentally conscious and promoting sustainable practices in my personal and business life. As someone with health issues, physical, mental, and emotional health becomes a top priority; wellness also includes paying attention to my diet, regularly exercising, practicing self-care techniques to reduce stress and anxiety, and also managing a work-life balance. Wellness also includes cultivating adaptability and resilience which means learning to embrace change, dealing with setbacks and finding strength in difficult times.



### WHAT STEPS CAN WE TAKE AS A COMMUNITY HERE IN WILMINGTON TO CREATE A MORE SUPPORTIVE ATMOSPHERE AROUND HEALTH AND WELLNESS?

Creating a more supportive atmosphere around health and wellness in Wilmington requires collaborative efforts from individuals, businesses, and community organizations. Some steps we as a community can take to achieve this goal include organizing wellness events and workshops (Figgy Co has plans on incorporating this with the upcoming remodel), collaborating with local businesses including health professionals, nutritionists, local fitness instructors, and mental health practitioners, supporting local farmers and sustainable businesses that prioritize healthful living, as well as through an education initiative. At Figgy Co, we strive to educate our customers and become a catalyst for change as well as eventually becoming a hub for wellness related events. We also need to ensure all initiatives are inclusive and accessible to people of diverse backgrounds. By taking these steps and fostering a culture of support and inclusivity, the community in Wilmington can create a more nurturing and empowering environment for health and wellness.

### WHAT IS YOUR FAVORITE PART ABOUT WHAT YOU GET TO DO AT FIGGY?

The most fulfilling aspect of my job is building relationships with my customers. Supporting customers on their health journey and witnessing their satisfaction is one of the reasons why Figgy Co thrives. As someone passionate about clean beauty and wellness, I am dedicated to providing personalized guidance and recommendations that align with their unique health goals and concerns. Being a part of their transformative process, seeing their progress, and knowing that I've contributed to their well-being is incredibly rewarding. Whether it's helping them find clean beauty products that suit their needs or offering insights into health practices, the joy and gratitude expressed by satisfied customers are truly heartwarming. Seeing them leave with newfound confidence in their health choices and knowing that I played a role in their positive experiences makes every day in my clean beauty store immensely fulfilling and meaningful.



# WELLNESS IN WILMINGTON



## ABOUT TOP OF SEARCH:

Consulting with a strategist early to build a marketing plan tied to revenue goals can help scale your business faster!

Top of Search is a locally-owned marketing consultancy that helps small business owners attract local customers online.

Led by Anna Curry, Top of Search is passionate about helping owners avoid unnecessary setbacks toward business growth, specifically when it comes to decision-making with marketing and advertising initiatives. Making every marketing and advertising dollar count is the goal!

Anna offers one-time consultancy, project-based services, and full partnerships where Top of Search acts as the marketing arm for the business.

If you are a business owner that needs to make better use of your marketing budget, get in touch for a free consultation today.



## WELLNESS Q&A

### WHAT DOES WELLNESS MEAN TO YOU?

On my best days, it's prioritizing my self-care and faith so I'm navigating life with a clear mind and compass. In action, it's typically a long walk outside for self reflection where I can step away from the routine of my work days.



### WHAT STEPS CAN WE TAKE AS A COMMUNITY HERE IN WILMINGTON TO CREATE A MORE SUPPORTIVE ATMOSPHERE AROUND HEALTH AND WELLNESS?

As a community, I think it's important that we take part in activities that will generate more awareness around the topic of health and wellness. This publication is a great example of a step we can take to ensure individuals seeking health and wellness assistance are aware of resources available to them in our area. It's also creating communities like Stephanie Lanier's Inspiration Lab where women can go and have real conversations.

### ARE THERE ANY EMERGING TRENDS OR INNOVATIVE APPROACHES IN THE FIELD OF WELLNESS HEALTH THAT YOU FIND PARTICULARLY PROMISING OR EXCITING?

Normalizing conversations that were once deemed taboo or stigmatized from discussing in public is promising. If you are going through it, there's a high likelihood that someone else is as well. Or maybe they've already been through it and could offer advice to you.



### WHAT IS YOUR FAVORITE PART ABOUT WHAT YOU GET TO DO AT TOP OF SEARCH?

Running a marketing consultancy is pretty awesome for many reasons (the creativity, meeting new people, learning new tools/tactics all the time) but the most fulfilling part of my career is helping business owners generate more revenue and growth for their business.

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# WELLNESS IN WILMINGTON



## ABOUT MADE WELL CENTER:

Made Well Center for Wholeness is an integrated mental health and wellness center providing mental health counseling, health coaching, monthly get well gatherings, retreats, a nervous system regulation station, and healing intensives.



Our mental health practitioners specialize in trauma, couples counseling, anxiety, and depression. Uniquely we also offer health coaching to assist in your healing to its greatest capacity. Our health coach Carrie Sink specializes in gut health healing and our health coach, Madison Strickland, focuses on helping individuals navigate their health foundations to reduce burnout and promote health at every age.

Carrie Sink, CHHC, AADP - Gut Health Specialist  
Madison Strickland, CHC & Board Certified Natural  
Wellness Practitioner



## WELLNESS Q&A

### WHAT DOES WELLNESS MEAN TO YOU?

To us at the Made Well Center, wellness means engaging in healing from an integrative lens. Wellness means seeking to integrate healing of the mind through mental health counseling, healing of the body through health coaching or gut health testing, and seeking to integrate healing of the spirit by bringing in aspects of faith to the practice if clients would like this. Wellness to us also means getting down to the root cause of what could be plaguing you, and beginning to notice that when you heal foundationally you heal at every other level causing you to live well and feel whole.



### WHAT STEPS CAN WE TAKE AS A COMMUNITY HERE IN WILMINGTON TO CREATE A MORE SUPPORTIVE ATMOSPHERE AROUND HEALTH AND WELLNESS?

As a community we should seek to support such initiatives like This Whole Life Foundation, a non profit which provides scholarships for individuals who cannot otherwise afford mental health and wellness services. We as a community need to begin seeing and supporting things like mental health counseling as being just as important as tangible instant forms of health. We need to come around our community and help provide those with limited insurance or lack of income with resources to obtain preventative wellness services that actually WORK.

### ARE THERE ANY EMERGING TRENDS OR INNOVATIVE APPROACHES IN THE FIELD OF WELLNESS HEALTH THAT YOU FIND PARTICULARLY PROMISING OR EXCITING?

We are noticing many more people seeking preventative wellness and choosing to pay for these services apart from what their insurance can cover. We are hopeful this will speak to insurance companies and they will start making shifts to begin providing coverage for preventative care services and more holistic/integrated services.



### WHAT IS YOUR FAVORITE PART ABOUT WHAT YOU GET TO DO AT THE MADE WELL CENTER?

My favorite part is being a part of an organization that seeks to truly integrate health and healing. We don't just stop at counseling. It goes so much further. I love that we get to bring the community together for monthly workshops and provide education on so many different topics to help our clients understand more about what they are dealing with. I think my other favorite part is working with such a dedicated group of individuals that are just so fun to be around. They make counseling and coaching such a fun experience, and I think our clients can really see that.

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# WELLNESS IN WILMINGTON



## ABOUT COASTAL TONE:

Coastal Tone is a semi-private space with endless possibilities. It's my goal to create an environment where individuals feel comfortable, respected, and inspired to engage in movement that contribute to their own overall health and well-being. I am proud to offer Pilates, Yoga, Myofascial Release, and High Intensity Interval Training (Barre and Post-natal coming soon). Each class consists of 40 minutes of movement and 10 minutes in the sauna. Coastal Tone is open to all levels.



## WELLNESS Q&A

### WHAT DOES WELLNESS MEAN TO YOU?

Wellness is an overall state of mind. It encompasses physical, mental, emotional and social health. It involves actively pursuing a balanced and fulfilling life through various practices and habits



### WHAT STEPS CAN WE TAKE AS A COMMUNITY HERE IN WILMINGTON TO CREATE A MORE SUPPORTIVE ATMOSPHERE AROUND HEALTH AND WELLNESS?

I truly believe Wilmington already has amazing outlets for health and wellness and I'm so grateful to be a member of our community. To create a more supportive atmosphere, we should consider promoting open discussions in the community, encouraging physical activity and fostering a non-judge mental environment.

### ARE THERE ANY EMERGING TRENDS OR INNOVATIVE APPROACHES IN THE FIELD OF WELLNESS HEALTH THAT YOU FIND PARTICULARLY PROMISING OR EXCITING?

I particularly love intermittent fasting. It is an eating pattern that involves alternating periods of fasting and eating. Many people use it as a health tool for weight management and improved metabolism. This is the only "diet" I have found that works for my body. A healthy diet in moderation involves consuming a balanced and varied selection of nutrient-rich foods while practicing portion control.

### WHAT IS YOUR FAVORITE PART ABOUT WHAT YOU GET TO DO AT COASTAL TONE?

Since I have a semi-private space, I'm able to connect with my clients on an even more personal level and help with their individual needs. My clients often feel a stronger sense of accountability, promoting motivation and consistency. I also love that my sessions can be tailored to the clients preference and fitness levels, allowing for a more adaptable and inclusive experience.



# WELLNESS IN WILMINGTON

## SALT AND CYPRESS COUNSELING

### ABOUT MICHELLE WALKER AND SALT AND CYPRESS COUNSELING

Michelle opened her private practice in 2020 focusing primarily on Postpartum and Maternal Mental Health. Two years later she began to explore Nature-Based Therapy and completed training with the Somatic Wilderness Institute in Colorado. This training propelled Michelle into a new goal of expanding her solo practice into a group practice. She had a new vision for her business, she wanted to see Nature-Based Therapy services available in Wilmington. Through her training she realized that this nature focused approach was not only beneficial for her clients but also for clinicians. Salt and Cypress Counseling is now a small group of clinicians with the shared goal of utilizing one of our greatest resources for healing, Mother Nature.



### SERVICES

Salt and Cypress Counseling offers individual and group therapy. Clients can choose from in-office visits, virtual sessions, or outdoor sessions.

They serve adult clients and children ages 12 and above.

Michelle also hosts retreats and educational workshops.



## WELLNESS Q&A

### WHAT DOES WELLNESS MEAN TO YOU?

As a mental health provider I am always looking to expand my understanding on these broad concepts like healing, wellness, and growth. To me wellness is the alignment of one's mental, emotional, spiritual, and physical self. It is the pursuit of being authentically you.



### WHAT STEPS CAN WE TAKE AS A COMMUNITY HERE IN WILMINGTON TO CREATE A MORE SUPPORTIVE ATMOSPHERE AROUND HEALTH AND WELLNESS?

I believe there is already so much growth happening in Wilmington that shows collaboration amongst wellness professionals. I would love to see more steps toward inclusive services that are accessible to everyone. As well as broader representations of what wellness looks like.

### ARE THERE ANY EMERGING TRENDS OR INNOVATIVE APPROACHES IN THE FIELD OF WELLNESS HEALTH THAT YOU FIND PARTICULARLY PROMISING OR EXCITING?

At Salt and Cypress Counseling we utilize Nature-Based Therapy as our primary approach to working with our clients. This is not a new approach in the field of mental health but it is always evolving to fit the needs of the culture and the needs of the individual client. I feel excited to represent one of the first therapy practices to provide this type of mental health service to our area. Something that really attracted me to Nature-Based mental health treatment is how it fully encompasses the mind and the body in the process of healing. I believe more somatic approaches to mental health will continue to emerge and gain momentum.

### WHAT IS YOUR FAVORITE PART ABOUT WHAT YOU GET TO DO AT SALT AND CYPRESS?

My favorite thing about being a therapist is the privilege of observing another human heal.



# WELLNESS IN WILMINGTON



## ABOUT JUST WELLNESS NURSE COACHING

Just Wellness Nurse Coaching is owned and operated by holistic registered nurse, Justine Capps, a board certified nurse coach through The American Holistic Nurses credentialing corporation. After receiving a Multiple Sclerosis diagnosis in 2015, and beginning to navigate new methods to address her condition, Justine started noticing a major gap in healthcare. After joining support groups to help aid her own wellness journey, it became clear that patients were feeling unheard, unsupported, and overwhelmed. Becoming a patient in a broken healthcare system became her greatest teacher. In an effort to help bridge the gap in healthcare, Just Wellness Nurse Coaching was born to support patients in their wellness journey by using modalities that integrate body, mind, spirit, and environment to optimize their health. Just Wellness Nurse Coaching offers a free phone call to assess readiness to see if working together is the right fit. After the initial call, Justine works to create a personal virtual one-on-one wellness coaching plan and also offers noninvasive functional lab options for all interested clients.



## SPECIALTIES



- Partners with clients to create realistic wellness goals tailored to their life by breaking down barriers.
- Provides support around intuitive eating, movement, mindset, and confidence.
- Shares in-depth knowledge and research around lowering toxic load pertaining to current lifestyle.
- Offers both accountability and support while navigating transformational lifestyle changes by minimizing overwhelm.
- Provides education around health-related knowledge gaps by utilizing nursing background.
- Uses HTMA (Hair tissue mineral analysis), a noninvasive functional lab that provides data by measuring the mineral content of the hair to identify mineral imbalances that can be affected by diet, stress, medications, environment, supplements, and heavy metals.



## WELLNESS Q&A

### WHAT DOES WELLNESS MEAN TO YOU?

To me, wellness to me means listening to your body and allowing everyday to look different. Getting consumed by rigid perfectionism is just as toxic as a unhealthy lifestyle, both cause immense stress. True wellness honors the interconnectedness of the body.



### WHAT STEPS CAN WE TAKE AS A COMMUNITY HERE IN WILMINGTON TO CREATE A MORE SUPPORTIVE ATMOSPHERE AROUND HEALTH AND WELLNESS?

Since becoming a business owner in the healthcare space, I have been blown away with how many incredibly intelligent providers live in this coastal slice of heaven. Before recently joining a networking group, I had no idea how many specialized resources were available. Spending time cultivating connections to refer patients to other providers when we know we can't do it all doesn't undermine our practice. Community cultivates health and wellness.

### ARE THERE ANY EMERGING TRENDS OR INNOVATIVE APPROACHES IN THE FIELD OF WELLNESS HEALTH THAT YOU FIND PARTICULARLY PROMISING OR EXCITING?

As someone who worked in clinical research for 7 years, I spend a lot of my downtime researching both cutting edge clinical trials and alternative medicinal practices. Unfortunately, there isn't a ton of research being done on alternative practices which makes it imperative for the patient to become their own best advocate. Lately, I have been hyper focused on proactive care versus sick care. I recently came across the prevuno scan. The prevuno scan is essentially a whole body MRI without radiation or contrast that can identify over 500 common and rare conditions. It's currently only offered in a few states. Early detection with one scan is a huge win for the medical community.



### WHAT IS YOUR FAVORITE PART ABOUT WHAT YOU GET TO DO?

For as long as I can remember I have always felt called to help others. I went to nursing school with the goal in mind to make people feel seen and not just a number in the medical system. During my last semester of nursing school I was scared I made a huge mistake. I had finished one of my last clinical days and I couldn't remember one of my patients names, only his initials. The fast paced surface level relationship of medications and diagnoses left me feeling unfilled. By working as a holistic nurse thru coaching, I'm able to not only build a relationship with my clients but I have the privilege of getting to know them at their core. Asking thought provoking questions allows for "AHA moments" and we're able to connect the dots in their overall health.

# WELLNESS IN WILMINGTON

# The Arise workshop

where wellness meets workplace.

## ATTENTION BUSINESS OWNERS & ORGANIZATIONAL LEADERS!

We now offer **an organizational wellness workshop** for businesses, churches, schools, etc.

**The Arise Workshop** aims to bring wellness information directly to your team to improve the overall wellness of your organization.

We offer in-person or virtual workshops, tailored to your needs, that address **burnout prevention, increasing healthy coping skills, healthy communication skills** and **reducing stress.**

We would love to connect with you to plan your organization's workshop!





