

# What To Do While Waiting for Your Counseling Session



Now more than ever, people are seeking help through counseling-- which is a positive thing! What should you do while you while you wait for your session date? Try these activities from Best Care EAP.

For starters, it's a good idea to closely monitor your mental health/well-being status. Take note of how you're feeling each day and write it down in a journal. Not only is this a great way to check in with yourself, but journaling can be used as a way to start the conversation with your counselor when you do meet.

**In addition, Best Care EAP offers these four suggestions:**

**1) Do a little research.**

If you're new to counseling, you may want to take the time to learn more about counseling in general by searching for blogs and information.

**2) Follow a self-care regime.**

While you're waiting for your session date, use the time to be kind to yourself and practice self-care. Self-care means different things to different people. Maybe it's making time for a daily walk outside or reading in a quiet place. Building good habits is important for your mental health.

**3) Brainstorm your goals for your counseling.**

Think about what it is you want to get out of counseling. Treatment is effective when you have an idea of what you want to accomplish.

**4) Visit Best Care EAP's Resource Hub.**

The Best Care EAP website features mental health and well-being articles and webinars. You'll find a comprehensive library of topics!

