

HEALING IS THE FLEX

May You Heal

Events & Updates to Support Your Journey

LET'S CLEAR THIS UP: COMMONLY MISUSED MENTAL HEALTH TERMS

As mental health becomes a more common part of our everyday conversations, it's encouraging to see people engaging with mental and behavioral health language. But with this increased visibility also comes frequent misuse of key terms, especially across social media and pop culture. Consider the Instagram and TikTok post offering "5 Signs they are a Narcissist". While it may seem harmless to casually use words like "gaslighting" or "narcissist," misusing psychological terms can have real consequences. It can minimize the experiences of those living with these challenges, create confusion about what's actually happening in our relationships, and prevent people from seeking the support they may need. So let's take a moment to clarify what these terms actually mean and what they don't.

Boundaries

What people often think: *Boundaries are about controlling the behaviors of others or punish others for failing to behave in the manner that is expected.*

What it really means: Boundaries are about what we need to feel safe, seen, respected and regulated in a situation and/or a relationship. Boundaries are not about controlling someone else's behavior, but about what we are going to do to ensure our safety and well-being. Boundaries are also not about punishment, are actually



ttrudeau@
connectedthriving.
com



321-720-3444

Follow me:

TikTok/IG
@healingistheflex
YouTube
@TiffanieTrudeauLM
HC

A Gentle Reminder: Therapy Is

Self-Care

If it's been a while since your last session, consider this your invitation to reconnect. Whether you're returning or just getting started, therapy is a courageous step toward caring for your mind, heart, and overall well-being.

You don't have to wait until things feel "bad enough." You're always welcome here.

about preserving relationships and protecting them for resentment.

Trauma Bond

What people often think: *When two people bond over shared trauma, whether it is a traumatic event they endured together or have past traumatic experiences that are similar in nature.*

What it really means: A trauma bond is a deep emotional attachment that forms between someone and their abuser through repeated cycles of harm and intermittent kindness. It's what keeps people stuck in toxic or abusive relationships, not mutual pain, but psychological manipulation.

Gaslighting

What people often think: *When someone lies, disagrees, views or recalls a situation differently.*

What it really means: Gaslighting is a long-term manipulation tactic meant to make someone question their reality. It's more than a single lie, it's repeated, intentional, and aimed at undermining someone's sense of self trust and distort their reality.

Codependency

What people often think: *Being clingy or overly attached.*

What it really means: Codependency is when your self-worth becomes entangled with another person's emotions, behaviors, or approval. It often includes people-pleasing, over-functioning, and neglecting your own needs to feel secure or needed.

Emotional Regulation or Regulated

What people often think: *Always staying calm and unbothered.*

What it really means: Emotional regulation means being able to feel the full range of your emotions, whether it is anger, sadness, or fear, while still being able to access skills like compassion, curiosity and connectedness to the present moment. It's not about suppression; it's about staying grounded in the midst of intensity.

Forgiveness

What people often think: *Letting someone off the hook, reconciling or forgetting the hurt or harm that was caused.*

What it really means: Forgiveness isn't about excusing harm or re-establishing trust. It's a personal process that helps you release resentment and emotional weight. It's for your peace and healing, regardless of what the other person does next. And forgiveness does not guarantee reconciliation or to returned of closeness or access.

New Group Offerings – Starting in June

Walk and Talk Therapy – Wickham Park

- Start your Saturday morning with fresh air and mindful movement. This outdoor group combines with gentle paced walking, grounding exercises and therapeutic conversations
- Saturdays, 9:00 am



Reclaiming What it Means to be Strong

- A weekly group that create a space to explore strength beyond survival. Through shared stories and supportive dialogue, we will redefine strength as authenticity, vulnerability and resilience.
- Tuesdays, 4:00 – 5:15 pm



People-Pleasing

What people often think: *Just being a nice person.*

What it really means: People-pleasing is often a trauma adaption driven by the fear of rejection, abandonment, or conflict. It's not about kindness, it's about self-sacrifice to feel safe or accepted.

Why This Matters

Because language matters and words aren't just semantics. When we use mental health terms accurately, we don't just sound informed, we create a culture of compassion, understanding, and support. When psychological terms are misused, it can:

- Minimize lived experiences of those navigating real mental health challenges
- Create confusion about what's normal vs. harmful in relationships
- Delay people from seeking help because they don't see their experiences as "serious enough"
- Spread misinformation, especially on social media, where nuance often gets lost

So the next time you find yourself saying "gaslighting" or "trauma bond," take a moment to reflect:

Am I using this word in a way that respects its full meaning?

This isn't about policing language, it's about making space for real healing, real empathy, and real change.

Want more Mental Health tips and nuggets

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The Healing Kind of Love

An Unconventional Way of Demonstrating Love



The word love gets used often, sometimes casually, even flippantly. People say I love you in passing, as a habit, as a ritual. This word "love" floats around in everyday conversations, in social medi...

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Upcoming Events:

Echoes of the Heart – Women's Mother's Day Brunch

Friday, May 31, 2025, 2:00 pm, Hotel Melby

Seeds 4 Change Scavenger Hunt

Interactive scavenger hunt to promote mental health awareness. Hosted by Counselors for Change

Download the Eventee App and join SEEDS4CHANGE to participate in weekly challenges

Event open from May 1 2025 – May 31 2026