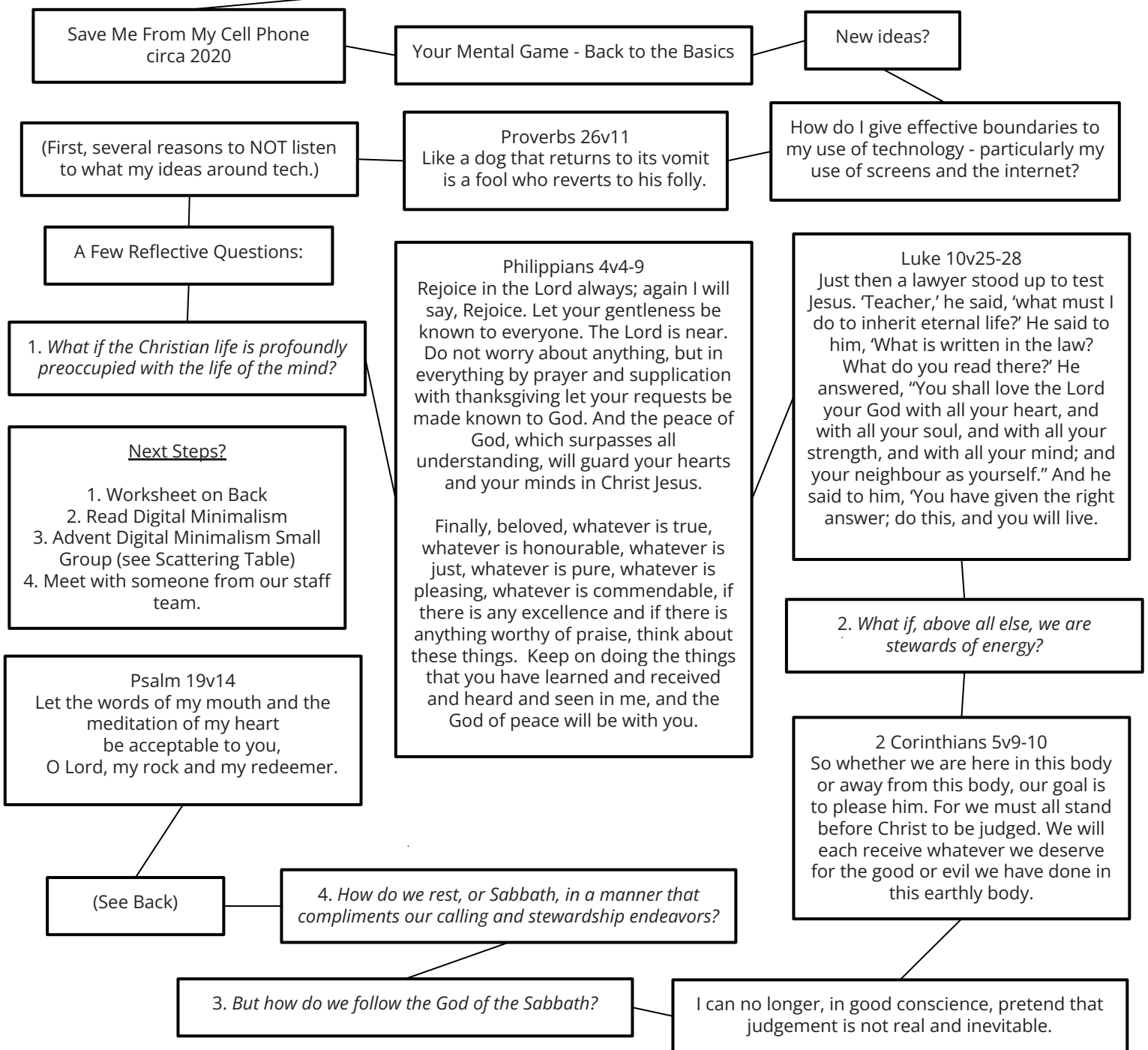


# Your Mental Game - Back to the Basics

How Do We Give Boundaries to Screens and the Internet?

October 30, 2022



## Therapists We Know and Trust:

**Joan Fitzgerald:** (406) 431-4627

**Travis Myers:** (406) 461-6902

**Matt Wenzel:** (406) 239-7651

**Shannon Stevens:** (406) 449-4623

## Plus a Family Practice Doctor:

**Dr. Brandon Bilveu, DO:** (406) 513-1065

**Books:** Digital Minimalism by Cal Newport; Deep Work by Cal Newport; The Life We're Looking For by Andy Crouch; The New Media Epidemic by Jean-Claude Larchet; Subversive Sabbath by A. J. Swoboda

**Songs:** Come Thou Font, Where Were You, Centuries, Confession, Until These Tears Are Gone

**Looking to Connect?:** One of the staff would love to meet for a walk, on the phone, or for a beverage. To schedule a time please visit our website and click on the "Meet with Staff" button on the home page.