

## **WHAT DO EYES AND MENTAL WELLNESS HAVE TO DO WITH EACH OTHER?**

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Your eyes are connected to emotional parts of your brain. Use of light, color and eye position can help relieve symptoms from medical diagnoses and life experiences that have been **scary, frustrating, and overwhelming**. Doing visual brain-based exercises can **relax you, balance stress hormones and give you more clarity** with your problems.

*Austin Mental Wellness* is the brainchild of **Emily Schottman, LPC**, an Optometrist + Counselor. I specialize in precise visual treatments for **Anxiety, Depression, Loss/Grief, Trauma History, Chronic Medical Conditions or Relationship Issues**. These treatments are efficient (25 to 45 minutes) and create “**extreme well-being**” for my clients, since 80% of brain processing is visual.

### **SERVICES**

#### **Light Therapy:**

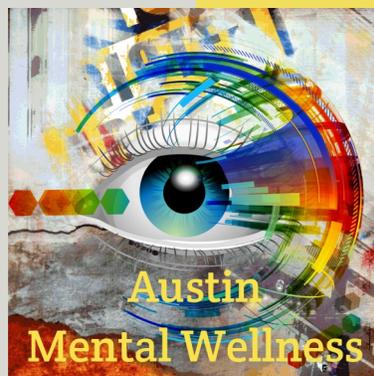
Improve your Sleep, Mood and Self Esteem with NEW Light Therapy

#### **Visual Somatic Therapy**

Address Mental Distress causing physical pain and symptoms for faster healing

#### **Visual Vestibular Therapy**

Enjoy Walk + Talk sessions outdoors for better health and insights for your issues



[austinmentalwellness.com](http://austinmentalwellness.com)

Call/text or email to schedule: (512) 751-9195 or [emily@austinmentalwellness.com](mailto:emily@austinmentalwellness.com).

Sessions @ Stars In Your Eyes Optometry, 2116 Hancock Drive, Austin, 78756

## ABOUT EMILY



As the owner of Stars In Your Eyes Optometry, Emily has been a caring eye doctor for 20 years. In 2012, she returned to school to become a mental health Counselor who uses visual techniques in her work.

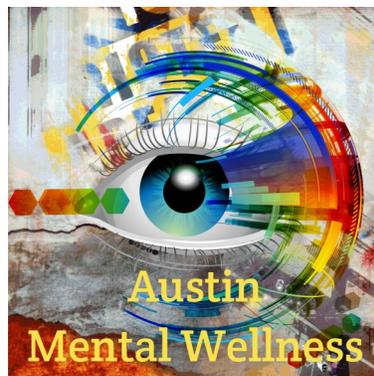
She specializes in precise visual treatments that help heal emotional, mental and physical symptoms. She works with adult individuals and couples who struggle with painful topics. Issues following **divorce, illness, grief and loss** can create post traumatic stress that manifests itself in **insomnia, feeling stuck or repeating patterns** that feel unhealthy.

*If you are not feeling yourself, I can help you see your way to wellness.*

*Emily Schottman, OD, FCOVD, MA, LPC*

## WHAT CAN I HELP YOU WITH?

- Anxiety
- Depression
- Recent Political Stress
- Relationship Issues/Divorce
- Eating/Drinking/Sleep Issues
- Cancer/Chronic Illness
- Headaches/Migraines
- Car Accident or Injury
- Menopause
- Long Term Medication Use



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