



## September Provider Highlight Robert Perez, Ph.D.

Dr. Perez is board certified in Clinical Neuropsychology (American Board of Professional Neuropsychology) and is a Qualified Medical Evaluator. He has practiced in the Bay Area for over 30 years and is fluent in English/Spanish.

Dr. Perez is accepting new clients for Neuropsych Consultations in our Los Gatos office. In addition, Dr. Perez is conducting Medical Legal Evaluations for patients in all four of our offices!

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## You Don't Have To Be An Olympian To Prioritize Your Mental Health!

This past year and half has been difficult on everyone, but it's important to prioritize your own mental health and well being. Are you feeling burned out, anxious or depressed? This is very common during times of uncertainty. When asked, our behavioral medicine providers offered their own inspiring quotes they keep in mind during challenging times!



**Robert Perez, Ph.D.** "Our humanity isn't defined in terms of our tools, or our weapons. It isn't defined in terms of our possessions or wealth. It's defined in terms of our willingness to see ourselves in others, particularly when they are not in a position to contribute to our needs. It's defined in terms of our willingness to give of ourselves for the betterment of our family, our community, and our world. In this day of COVID related isolation, this thought brings me considerable comfort."

**Oscar Hernandez-Sutton, Ph.D.** "Our ideas of the self are created by identification. The less we cling to ideas of self, the freer and happier we will be." Jack Kornfield

**Vered Stolarski, Psy.D.** "The human body is a fascinating machine. However, unlike any other machines in the stores, this one comes with no manual attached to it. And so from the minute we are born and granted our life we continually study it, learn how to operate it and maintain it in an endless search to figure out the instructions."

**Netty Araiza, Psy.D.** "Emotional pain is not something that should be hidden away and never spoken about. There is truth, in your pain, there is growth in your pain, but only if it's brought out into the open." Steven Aitchison