



STATUS CHECK

Maybe you don't need therapy.

Learning to regulate your nervous system can make everything else easier to work on. **Start there for free.**

No catch. I became a therapist because I wanted people to have useful information before things got bad enough that therapy felt like the only option.

A blog I add to over time — research-informed education on stress, sleep, attention, neurodivergence, nervous system regulation, and what actually helps. **My hope is it helps enough that you never need me. I'm here for when or if you ever do.**

Got a topic you want covered?

Send it my way. Tell me what you want to understand: sleep, stress, focus, or whatever's on your mind. I'll dig into the research and turn it into a post. This is education, not personal advice, but it's how the blog grows: from what you actually want to know.



SCAN OR VISIT

statuscheckllc.com

Telehealth across Michigan

THERAPY SHOULD LEAD SOMEWHERE.

*The couch? Only if it's yours — **and your pet is always welcome.***

Fifteen years in EMS taught me how capable people can keep functioning long after their nervous system has stopped settling when the pressure is over. That experience still shapes how I work: direct, grounded, practical, and focused on helping you understand what's happening and change what isn't working. **Build the skills to live without your nervous system braced for impact.**

TRINDA MARTIN, LPC, EMT-P, CCTP

WHO I WORK WITH

- Adults who are capable, responsible, and used to solving problems
- Neurodivergent adults
- First responders & healthcare professionals
- People dealing with trauma, burnout, anxiety, grief, or patterns that keep getting in the way

SPECIALTIES

Trauma & PTSD · Anxiety · ADHD /
Neurodivergence · Burnout & Cumulative
Stress · Grief · EMDR & ART