

JANUARY: NEW PATTERNS

Maintaining healthy habits, like exercise and eating well, won't manage all mental health concerns, but they can be a powerful influence on our overall mental wellness.

Here are a few tips for enacting positive changes in your life...

- **Create a list** of your current patterns of behavior - ones that you want to continue and those you seek to change. OR make one list and assign them positive and negative values.
- **Set attainable goals.** For example, if you want to begin eating healthier, introduce one new healthy food at a time. Don't seek to change your entire eating habits all at once. The same goes for exercise. Begin small - like taking the stairs or parking far away from your building.
- **Talk to people** close to you about your goals and ask them to hold you accountable.
- **Realize** it takes time and commitment to change old patterns.
- **Reflect** on how these changes will impact your life in a positive way and reward your successes no matter how small.
- **Be kind.** Rather than beat yourself up and tell yourself what a "failure" you are, treat yourself as you would a loved one who made a mistake. Be kind, understanding, and forgiving. Then keep at it.



Our patterns of behavior can have a strong influence on substance abuse or mental health disorders.

Lunch & Learn:
January 11th
12:00 to 1:00 pm

Parenting with Presence

Hosted by Bridget Downey, MHAFC and Alan Rasmussen, Encompass Community Supports



Here are some apps to consider:

- **Headspace** is an app for mindfulness - it creates a 10-minute space in your day to clear your mind.
- **Exhale**, the first emotional well-being app specifically designed for Black women, provides the representation and care often not seen elsewhere.
- **My Possible Self** helps manage anxiety, tackle depression, ease stress, and improve sleep to help you enjoy doing more of the things you love.
- **Calm**, a tool designed to help with sleep, meditation and relaxation, is recommended by top psychologists and mental health experts. It offers guided meditations, breathing programs, stretching exercises, and relaxing music.