



INSIGHT

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YOU ARE THE EXPERT FOR YOURSELF

Focusing on strengths is important in recovery. Think about this— You can either focus on what is going wrong or what is helping us grow. Another important point is the illness

doesn't define who you are, but your strength and courage does. Remember, you are not your illness although you may feel so. The truth is you have an individual story to

tell. You have a name, a history, a personality. Staying yourself is part of the battle. Focus on what's strong not wrong. Be hopeful and build dreams.

- *Have Fun With Esperanza Clients and peer mentors!*

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SERENITY THOUGHT TO PONDER...

Look deep into nature, and then you will under-

stand everything better.— Albert Einstein





A. THE TEEN BRAIN 6 THINGS TO KNOW (TAKEN FROM NIMH.NH.GOV.)

- Your brain does not keep getting bigger as you get older
- However, your brain will keep on developing until into your mid to late 20s.
- The teen brain is not ready to learn and adapt
- Although many disorders can occur at adolescence, the teen brain is resilient, and most teens go on to become healthy adults.
- Sleep is important to mental health and teens need more sleep than adults, about 9-10 hours of sleep a night.



B. DEPRESSION AND HEALTH (TAKEN FROM NIHM.NH.GOV)

Depression may lead to loss of interest, sadness, irritability, and or anxiety. What does this have to do with physical health? There is research that suggests that depression is common in those with chronic disease such as diabetes,

cancer, high blood pressure, and coronary heart disease. However, the reverse can happen; people with depression have an increased risk of developing chronic disease. What to do?

If you have recovery in mind, it may be a good idea to strengthen both your body and mind. Family members, friends, and your treatment team can be a good source of ideas and support.

C. HOPE (A PATHWAY TO RECOVERY)

In terms of recovery, hope allows one to focus on wellness, accomplishments, and her or his abilities. There may be times when symptoms can feel overwhelming and the idea of somehow manifesting hope out of thin air can seem unrealistic; however, there are ways to help build hope. One way to help build hope is

by subdividing long-term goals and approaching those goals a little at a time. This can help with finishing things that can seem unobtainable because of how she or he feels. Also, you can share your goals with others and look for positive role-models. Hope can also increase for some when they are on a

journey of spiritual growth. It can also help to replace negative thoughts with positive affirmations.



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WELLNESS, *Hope*, RECOVERY

Esperanza (Hope) Center mission is to provide clients positive reinforcement, wellness and assertiveness to promote recovery and encourage happiness. In that path of recovery to wellness, our mission is one of perseverance to reach our goals and to not worry but be happy.

La mision Centro Esperanza es proveer a clientes estimulo positivo, el refuerzo, servicios conducidos, salud y asertividad para promover la recuperacion y la felicidad. En la trayectoria de la recuperacion a la salud, nuestra mision es una de perseverancia para alcanzar nuestras metas y a no preocuparse sino a ser feliz.



Pathways to Recovery

J	S	E	L	F	E	S	T	E	E	M	H
M	I	G	G	O	A	L	S	A	I	S	T
W	P	I	H	S	D	N	E	I	R	F	R
F	E	M	P	O	W	E	R	M	E	N	T
F	C	S	L	E	D	O	M	E	L	O	R
P	Z	Y	W	X	E	P	O	H	L	C	I
Y	T	I	L	A	U	T	I	R	I	P	S
F	H	D	B	M	K	U	H	V	D	K	T
Y	O	J	V	B	N	G	B	A	T	U	X
S	N	O	I	T	A	M	R	I	F	F	A
E	C	I	O	H	C	G	I	B	V	E	R
Z	O	D	F	Y	R	E	V	O	C	E	R

CHOICE	HOPE	EMPOWERMENT
RECOVERY	SELFESTEEM	FRIENDSHIP
SPIRITUALITY	AFFIRMATIONS	ROLEMODELS
GOALS		