

INSIGHT

VOLUME 1 ISSUE 8

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LEND A HAND REACH OUT TO SOMEONE

It's important that we build others up instead of down. Everyone has potential and has a light to shine in the universe. If we can take one's hand and encourage them to achieve their deepest dreams which could be of success and vitality, we will feel better too. Speak words of life because our speech

can filter in two ways. It can be good or bad. Positivity is the way, it brings peace and joy. Negativity can bring negative emotions. When we reach out, our hands are open to possibilities in someone else's life and our own. Self-discovery comes from being positive as we journey through our lives.

Self-discovery is finding out everything you are and where you stand in life. When reaching out, do it sincerely. We all need a cheerleader! -Emily Smith



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

SERENITY QUOTE TO PONDER...

Let a joy keep you. Reach out your hands and take it when it runs by.—Carl Sandburg



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2A FORGIVENESS— BERNADETTE PRESTI

Like grief, forgiveness is a process. It's not an all or nothing deal. Some days you may feel like you've made breakthroughs and other days you seem to not be able to let go. It takes willingness. It takes inner strength. It is not a sign of weakness! It takes work to forgive, but it is the best thing you can do for yourself.

Shock and anger are usually experienced before coming to the point of forgiveness. First, deal with the wounded emotions. You can only work through that which is first acknowledged.

One roadblock people face is the idea that what the offender did is excusable, but forgiveness is not saying what the offender did is okay. Rather, forgiveness is to accept what happened and

not dwell on what could or should have happened.

There is a new day for you because you are constantly writing your story with every breath you breathe. You may not have had control over the circumstances of your past, yet what you do have is the present moment which becomes your future. See yourself as an overcomer. Write

“A feeling felt is on its way to being healed.”- Anonymous



your story. Make it a good one.

2B/C FOR YOUNG PEOPLE LOOKING FOR HELP
(TAKEN FROM MENTALHEALTH.GOV)

For teenagers and young adults, it may be difficult pinpointing what it means to have mental health problems.

Struggles may be contributed to “just having a bad day” or “just feeling like being alone.” However, feeling this way for long periods of time may be a sign of something more, and it can be important to speak to your parents and or a trusted adult if you have the following symptoms:

- Can't eat or sleep
- Can't perform tasks like going to school

- Don't want to hang out with friends or family
- Don't want to do things you usually enjoy
- Fight a lot with family and friends
- Feel like you can't control your emotions and it's affecting your relationships with you friends and family
- Have low or no energy
- Feel hopeless
- Feel numb or like nothing matters
- Can't stop think about cer-

tain things or memories

- Feel confused, forgetful, edgy, angry, upset, worried, or scared
- Hear voices
- Smoke, drink, or use drugs
- Have random aches and pains

Being self-aware and open may be the start to learning how to live a healthier minded life.

Behavioral Health
1131 San Felipe Rd
831-636-4020
1-888-636-4020 Toll Free

Esperanza Center
544 SAN BENITO ST

WE'RE ON THE WEB
FACEBOOK.COM/
SANBENITOCOUNTYBEH
AVIORALHEALTH

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.



Strive
To Be
Stronger