



ESPERANZA CENTER

INSIGHT

VOLUME 1 DECEMBER 2017



LIVE LIFE TO THE FULLEST

Sometimes life will kick you around, but sooner or later, you realize you're not just a survivor. You're a warrior, and you're stronger than anything life throws your way. (Brooke Davis)

Remember that as bad as it was, I

learned something about myself. That I could go through something like that and survive. (Nicholas Sparks). The best thing you can do is master the chaos in you. You are not thrown in the fire, you are the fire. (Mama Indigo).

Love yourself. It is important to stay positive because beauty comes from the inside out (Jenn Proske) Once you replace negative thoughts with positive ones, you'll start having positive results (Willie Nelson) - Emily Smith

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

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SERENITY QUOTE TO PONDER...

The world can only change from within. – Eckhart Tolle





A. SAD-TAKE CARE DURING THE HOLIDAYS (FROM NIHM.NIH.GOV)

Seasonal affective disorder (SAD) is a type of depression that develops during late fall and early winter. Summer cases are less common but do occur.

Signs and Symptoms

- Feeling depressed most of the day, nearly every day
- Feeling hopeless or worthless
- Having low energy
- Losing interest in ac-

tivities you once enjoyed

- Having problems with sleep
- Experiencing changes in your appetite or weight
- Feeling sluggish or agitated
- Having difficulty concentrating
- Having frequent thoughts of death or suicide

Symptoms of Winter Pattern of Sad include:

- Having low energy
- Hypersomnia
- Overeating
- Weight gain
- Craving for carbohydrates
- Social withdrawal (feel like “hibernating”)

B. SPIRITUALITY(A PATHWAY TO RECOVERY) BY ESPERANZA CLIENT



In a world where circumstances are seen out of one’s control, it may lead people to rely on a higher power. Spirituality may contribute to mental wellness. Studies have shown spirituality qualities such as love, honesty, patience, compassion, faith,

and endurance. The result is a new sense of meaning, hope, and peace of mind, which enables one to accept and live with continuing problems or to make changes where possible

Connecting with one’s higher power can give strength and courage to begin the recovery journey. Some practices to adopt are: prayer (talking to a higher power), meditation (listening to a higher power), and contemplation (a combination of the two).

C. PERSONAL END OF THE YEAR NOTE BY ESPERANZA CLIENT



I’ve been coming to the Esperanza Center for almost two years, and it’s been a pleasure getting to know all of you. Your stories, goals, and triumphs have helped me stay humble and have helped

me value community. As we continue to grow as a group in strength and numbers, I want to leave you all with one message to end the year and start the new. You are all in

your own way inspirational.

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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.



Think
Positive
= Be =
Positive