



INSIGHT

VOLUME 1 ISSUE 8

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TAKE IN THE SCENERY

As you walk or drive or whatever you are doing, be sure to enjoy the journey of your life and the beauty of the world.: the clouds going by, a roaring waterfall, or dew drops on a rose. Seek out the good in life and let it flow to your spirit. Feel the breeze, the sun on your face, a beautiful smell... just

take things in. To enjoy life is to enjoy who you are and where you are going. Life has its ups and downs, but we can think positive, and change those circumstances. We can grow from challenges because we are human beings and we have the capability to do that! The journey of life is letting it

flow. There is so much beauty in the world. Let go of the past because there is nothing like the now! We have good memories and bad memories but that is our life and experiences and they make us who we are today.

-Emily Smith

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

INSIDE THIS ISSUE:

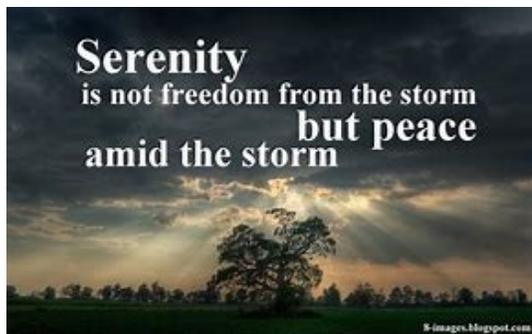
POSITIVE 1A/B

POEM C

DRAWING /D

SERENITY QUOTE TO PONDER...

I am a leaf on the wind. Watch how I soar.—
anonymous





A/B. POSITIVE THOUGHTS –BERNADETTE PRESTI

Your thoughts are powerful. Your emotions respond to what you think about. It's a natural progression that occurs within by being a human. When you are feeling low, it can usually be traced back to the thought life. Most people have negative thoughts at one time or another. Rumination is defined as, "focused attention on the symptoms of one's distress as opposed to its solutions" 'Don't get stuck ruminating or dwelling on negative circumstances in life. Choose to shift your focus. Let me refer to what I call "accessing your files."

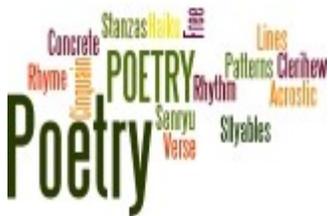
I draw a picture of two file cabinets in your mind. File number 1 contains all the positive things that has occurred in your life—your accomplishments and joys. File number 2 contains all the negative events that have ever happened to you. How often do you access file number 1? File number 2? To which file are you giving more of your attention? Think of your thought life as a balance scale. Is the scale tipping over with negativity or positivity? Is it somewhere in the middle? Make adjustments as needed. What you focus on

flourishes. (Remember, this doesn't mean we ignore issues that need to be dealt with in therapy.)

Quote...

Anything I give my attention to will flourish and grow

-unknown



C. Untitled By Esperanza Client

I	Closeness	Sun
Whose	In	When
Heart	Tiring	You
Is	Defeat	Speak
like	Opens	
A	Like	
Hand	A	
Closes	Tulip	
At	Reaching	
The	For	
Thought	The	
Of		

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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.



D. Drawing Nook Untitled By Marissa Guerrero

