

# INSIGHT

VOLUME 1 ISSUE 2 JUNE 2017



## STAYING COOL IN THE SUMMER

June is Sum-  
mertime. Sum-  
mer will be re-  
ally hot this  
year. We had a  
harsh winter.  
Now be ready  
for a hot sum-  
mer. Some-  
times the sea-  
sons influence  
our mood, so if  
you are not do-

ing well it  
could be fa-  
tigue from the  
heat. Just stay  
cool! Relax and  
stay hydrat-  
ed. Do  
things that  
make you feel  
calm and hap-  
py. Read a  
book, work on  
a scrapbook,

play an app, do  
crafts, write  
something,  
watch movies  
or shows on  
TV, get exer-  
cise, and get  
good sleep. Eat  
healthy. With  
lots of fruits  
and vegetables.  
You'll stay cool  
and healthy!

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

## SEIZE THE DAY!

Summer is a good time to make healthy choices in all areas of our lives. This can be anything from the

foods we eat to the thoughts we think. Like a healthy diet bene-  
fits our physical health, positive



thinking promotes good mental health!

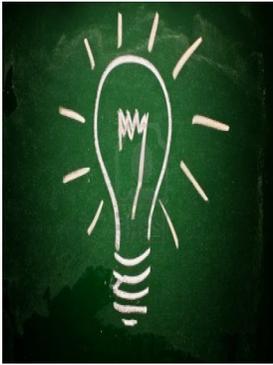
### INSIDE THIS ISSUE:

POETRY 2A

5 THINGS 2B

THOUGHTS 2C

MAZE 3

## A. POEM BEYOND BY ESPERANZA CLIENT

Where did her eyes look  
What vision could she see  
Her soul mended and sown  
Like my clothes

I thought cheap  
Like my skin  
I thought wrong  
Like my eyes

I thought  
See

There's a girl that doesn't  
Know good life wasn't meant  
For her and me

I was bellowing  
A brown boy on a bench  
The gun in my hand  
The touch and the sense

Of a school t yard  
Cracked buildings  
And wired fences  
Yielding

Ghosts tying  
Shoe laces  
With porcelain brown  
Imperfect complexions

Such a thing  
Existing without  
Words or recollections  
Like habits made for children

Preconceptions that seep  
Subconsciously  
In my mind's eye  
Lulling sweet discretion

And discretion fades  
Like children already made  
Never to escape  
Paste these gates

And I yelled with  
My voice cracking  
And hands shaking  
You're bothering me, Girl

Go away  
When are you leaving  
And she replied someday  
Beyond the wired fence



## B. 5 THINGS YOU SHOULD KNOW ABOUT STRESS (FROM NATIONAL INSTITUTE OF MENTAL HEALTH)

1. Stress affects everyone . Some may recover from stress quicker than others. All stress has mental and physical health risks.
2. Not all stress is bad. Some stress can motivate people to perform well in job interviews, tests, and other high focus situations.
3. Long-term stress can harm your health. Over time, stress can contribute to health problems like depression, anxiety, high blood pressure, and diabetes .
4. There are ways to manage stress: exercise regularly, incorporate relaxing activity in your day, stay connected to supportive people, and set goals and priorities.
5. If you are overwhelmed, ask for help from a health professional.



## C. DEALING WITH NEGATIVE THOUGHTS

Negative thinking influences our reasoning and mood and does not necessarily reflect reality. An example of this is "mind reading," when you think you know what others are thinking with no evidence. Another type of negative thinking is "selective hearing," when one only lets

negative information in, while ignoring the positive. One way of dealing with these types of thoughts is to use thought stopping, acknowledging your negative thoughts and purposely stopping them. Speaking the word "stop" aloud or thinking it may help. Affirmations can also

help mitigate negative thoughts. Say or read something affirming in order to replace negative things you are saying to yourself. This can be repeated until you feel calmer.

Behavioral Health  
1131 San Felipe Rd  
831-636-4020  
888-666-420

Esperanza Center  
544 SAN BENITO ST

---

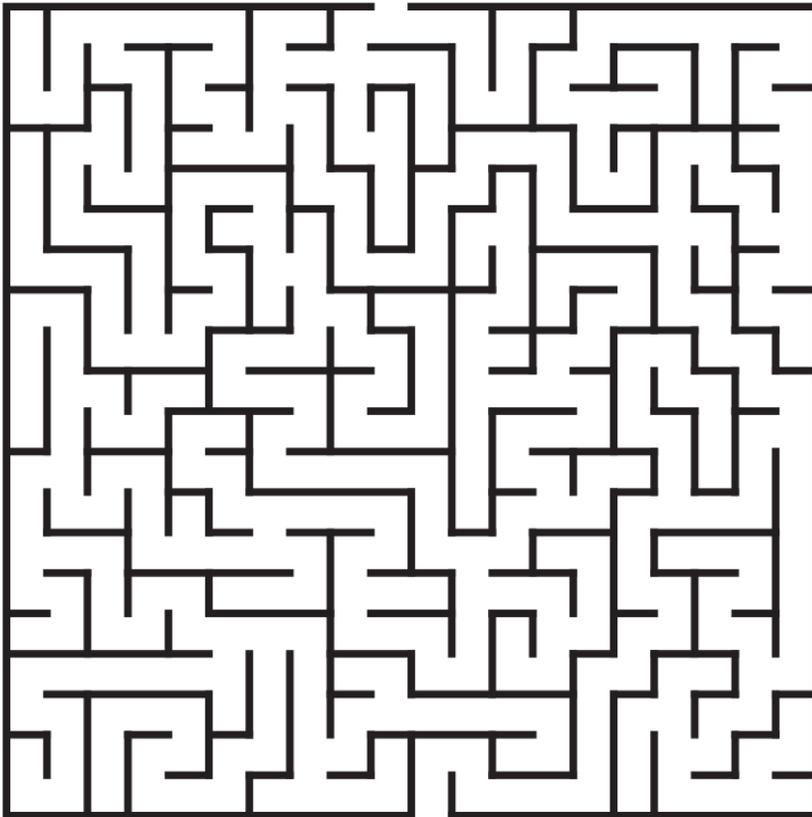
WE'RE ON THE WEB  
FACEBOOK.COM/  
SANBENITOCOUNTYBEH  
AVIORALHEALTH

---

**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.**



Get to the other side!

