

ATTITUDE
IS A MAGNET

WHAT
YOU THINK
is what you
ATTRACT

ESPERANZA CENTER

INSIGHT

VOLUME 1 ISSUE 7

NOVEMBER 2017

FACE YOUR ATTITUDE

It can be helpful to start each day in a positive frame of mind. You can say to yourself, “Something good is going to happen to me today.” Attitude is a decision. Day by day we can train our minds to focus on the positive, which can

give us the motivation and strength to make changes in our lives. For example, we can be inclined to wake up and think about all that is facing us today. We could say, “Today is going to be difficult.” Instead, if we can think for one

thing we can look forward to, the day may begin to be brighter. Enjoy the day. and begin discovering the positive, beautiful things. in life. –Emily Smith



SERENITY QUOTE TO PONDER...

Cheerfulness keeps up a kind of daylight in the mind, filling it with a

steady and perpetual serenity.
–Joseph Addison



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

INSIDE THIS ISSUE:

FOR PAREN	2A
WOMEN/ME	2B
CONT	2C
CONT	3D

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.



D. Continued (Women/Men)

- Feeling flat or having trouble feeling positive emotions
- Engaging in high-risk activities
- Ongoing headaches, digestive issues, or pain
- Obsessive thinking or compulsive behavior
- Thoughts or behaviors that interfere with work, family, or social life
- Unusual thinking or behaviors that concern other people

Hope

