



INSIGHT

VOLUME 1 ISSUE 12 DECEMBER 2018

TAKE IN THE MUSIC

Take in the music. Let it flow through your being and absorb the feelings and emotions you perceive. As the music plays, hear the harmony. Sing along. Listen to music that expands your soul. Let it soar. Listening to music can be

good for people with depression. As we sit in a comfy, quiet, comfortable place and play a song, absorb the song to the greatest degree. Express yourself and feel your feelings as you sway to the beat of a life full of wonder and

magic. You can even do abstract drawing to express what you cannot say. You are an artist in your own mind. The most beautiful thing is seeing someone's recovery. We all want to be happy!

-Emily Smith

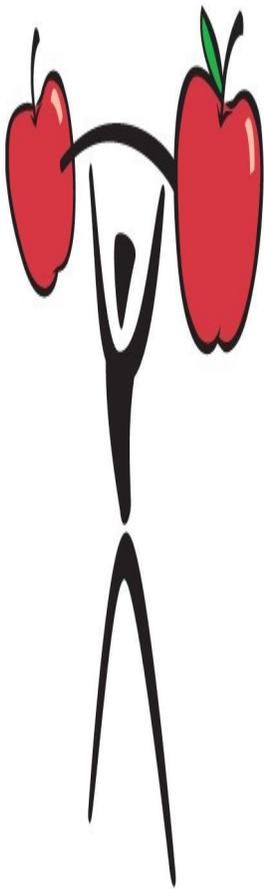
- *Have Fun With Esperanza Clients and peer mentors!*

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SERENITY QUOTE TO PONDER...

Music gives a soul to the universe, wings to the mind. flight to the imagination, and life to every-





A/B. PHYSICAL HEALTH (INFORMATION TAKEN FROM NAMI.ORG)

Why does physical health matter to the state of my mental health?

Exercise can improve

- Anxiety and depression
- Mood
- Self-esteem and
- Cognition

When exercising, keep in mind what you are capable of doing without hurting yourself. While

hiking, biking, and jogging can be beneficial for some, they are not for everyone.

How could eating healthier foods benefit me?

Studies have found that people that eat foods, dense in nutrients, like fruits vegetables, fat-free milk, lean meats, poultry, beans, nuts, and fish are generally happier.

How is sleep important?

When suffering from depression and anxiety, it can be difficult to sleep. This can impact symptoms the next day.

Sleeping at least seven hours a night for adults and up to nine hours night for adolescents can help maintain healthy stress levels and mood.



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.



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Accepts
 Caring
 Cooperates
 Friendly
 Friendship

Helps
 Kindness
 Laughter
 Like
 Listens

Memories
 Play
 Respect
 Special
 Understanding

Friendship Word Search