

INSIGHT



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YOU CAN MAKE IT!

We can experience times of struggle with mental illness, and we go through the symptoms which are normal to go through. We may act a certain way because of the illness and a need for stability. You can find

help in the right medications and recovery plan/environment. Just keep working on the whole picture. Strive to get better. Look at the best in life. Celebrate small victories! Rate your progress and watch things improve. You

can get your illness under control and get better at handling it and knowing where it comes from. Look within and find what works for you, but always keep in mind you are a human and you have emotions and you are You.

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

INSIDE THIS ISSUE:

FRIENDSHIP 1A/B

RECOVERY C/D

SERENITY QUOTE TO PONDER...

If you can't find the sunshine, be the sunshine. – Unknown





FRIENDSHIP AND MENTAL HEALTH-BERNADETTE PRESTI

Friendships are one of the most rewarding things in life. Friendships have been shown to promote feelings of belonging, purpose, increased levels of happiness, reduced levels of stress, improved self worth and confidence. This places friendship high on the totem pole of self-care.

Everyone needs someone to aid them in the journey of life. Just the presence of a

friend can shift your perspective. Another human being can help you feel connected and not alone in the universe. We all have pains. We all have hurt. Friendships can remind you that you are alive-human.

It can be difficult living with a mental health condition to find and maintain friendships. At times the urge to isolate or worry that

others will not accept or understand the mental condition can plague you. It is vital at this time to reach out. Reaching out is a strength and shows you are hopeful. Don't get discouraged.. Some connections happen naturally while other need more nurturing. Some friends may stay in your life for only a season-others may be life long friends. With

Recovery

There may be times when, during stress, the idea of recovery becomes difficult to focus on. The term may even seem ambiguous, making the idea difficult to put into action. Here is information that can aid in focusing on recovery.



What is recovery?

- Improve health and wellness
- Live a self directed life
- Strive to achieve full potential

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544 SAN BENITO ST

WE'RE ON THE WEB
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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.



(Information taken from mentalhealth.gov)

Four dimensions of recovery

- **Health:** Make informed, healthy choices that support physical and mental well-being
- **Home:** Have a stable and safe place to live
- **Purpose:** Engage in meaningful daily activities, such as job or school, volunteering, caring for your family, or being creative. Work for independence, income, and resources to partici-

pate in society.

- **Community:** Build relationships and social networks that provide support

Develop a recovery plan

- Enable you to identify goals for achieving wellness
- Specify what you can do to reach those goals
- Include daily activities and long-term goals
- Track any changes

in your mental functioning

- Identify triggers or other stressful events that can make you feel worse, and help you learn to manage them