



PERSPECTIVES

WINTER 2016

Aurora
Mental Health
Center
Live Life
to the
Fullest



Kick the Year Off Right! Organize Your Life to Reduce Stress

Stress can enter our lives from many different places. And like many, you may be burdened by clutter more than you realize. It could be that your home, your plans for the future, or your finances need a bit of dusting off and straightening-up. So, as the new year kicks off, here are a few tips and tricks to help you focus on the good stuff...and get rid of the rest.

Set goals. Make a plan.

The first step in organizing your life is to assess where you are and where you want to be.

- Break down your vision for a calm and relaxed life into manageable tasks. Then set short and long-term goals. This will transform big jobs into small, manageable pieces.
- As you plan, be realistic. Set benchmarks and make a conscious effort to congratulate yourself when you succeed.
- Also, as you look to the future, don't dwell on the past. Mistakes and failures are some of our best learning opportunities. Leave the baggage behind and don't sweat the small stuff.

Tidy more, stress less.

Being surrounded by a neat and organized environment is proven to reduce anxiety, improve concentration, and even help you sleep better.

- Set aside a specific time each week to clean and organize. Being on a defined schedule is a great way to create lasting habits!
- Don't forget your electronic devices! Computers, cell phones and media players can get cluttered too. Take a few minutes to delete all those old files and apps you haven't touched in months.

"While we can't eliminate stress from our lives, there are some forms of stress we have control over, and reducing these stressors can significantly improve our mood."

- Kirsten Anderson,
Aurora Mental Health Center
Division Director, Child and
Family Outpatient /
Disaster Coordinator

Money. We all stress about it.

Not surprisingly, there's a lot of evidence that shows a strong link between financial problems and high levels of stress and anxiety. If you can add a few small goals this year to improve your financial situation, you may be surprised how much it can help.

- A great first step in any plan is to educate yourself! Read up on financial literacy – something we are rarely taught in school. A little reading can help you learn to manage your money more effectively.
- Topics to look for include reducing debt, planning for retirement, how to effectively invest any savings you have, how to create and stick to a budget, and general money management.

KICK YOUR
YEAR OFF RIGHT!

PROVIDER'S
RESOURCE
CLEARINGHOUSE

MENTAL HEALTH
FIRST AID



Meditation and mindfulness.

Life can be hectic, and regular meditation and mindfulness – even in small doses – can treat things like stress, worry, lack of focus, relationship problems, addictions and more. Just ten minutes of quiet reflection or meditation can make a huge difference.

- Learning to meditate isn't easy at first, but you can start small.
- At a convenient time each day, sit on a chair or on the floor, close your eyes and focus on your breathing. Start at two minutes and try to work your way up to ten.
- If you want to learn more, head to the internet for how-to videos.

Scientists have studied monks who meditate regularly and found that the monks actually increase the physical size of the "happiness centers" in their brains.

Organize and prioritize personal relationships.

As you plan for the year ahead, take a look at how you can organize your personal relationships to reduce stress and find more emotional support.

- If you feel you're not seeing your family or friends enough, talk with them and carve out a time each week to spend time together.
- Do you have relationships that cause you more stress than stress-relief? Be honest with yourself and know if it's time to take a step back from people who aren't supportive and respectful.

Off you go!

If you're overwhelmed at this point with your to-do list, just remember, easy does it. Pick one thing at a time and try to be positive. Nobody's perfect and if you *do* fall off the wagon (and we all do!), be easy on yourself. Your chances for success are much better if you're spending more time patting yourself on the back than criticizing yourself.

We wish you much success and a more organized and relaxed new year!

Thank You!

AuMHC wants to thank our community for an amazing 2015! In our last quarter:

- 63 generous donors donated \$7,900 on Colorado Gives Day.
- Our volunteers and donors provided Thanksgiving baskets to 710 households.
- Volunteers and donors also provided holiday food and gift baskets to 753 families.
- The Aisles of Joy program gave 116 youth the opportunity to shop for free for family members.

Thanks to everyone for your generous spirit and for making the season brighter for so many!

Provider's Resource Clearinghouse
You Never Know What You're Going to Find!

Since 1993, PRC has provided a unique, low-cost shopping experience, plus employment and development services for members of Aurora and surrounding communities. In 2015 alone, we served more than **420 veterans and 1,000 families.**

Our services include:

Home and Office Furniture

Unique furnishing finds! We have quality new and gently used office and home furniture in our 50,000 square-foot warehouse in Aurora. We welcome the public and non-profit agencies to stop by and explore our ever-changing selection of merchandise.

Our inventory comes from select donations from quality furniture stores and public donors. We also have home goods from Bed Bath and Beyond, Wal-Mart, Home Depot and Disney.

Through partner agencies we also provide vouchers to people that are in need of furniture items.

Employment Development and Training

Our career tracking services assist behaviorally challenged adults and youth by providing assistance with resume writing, interviewing training and successful job development.

We Need Donors Too!

Help veterans and families in need. Donate your new or gently used furniture and home goods. All donations are tax deductible. Our generous donors helped us serve over 1,400 veterans, families and children last year!



Where: 14500 East 33rd Place, Aurora
When: Tuesday – Friday, 7:30 a.m. to 6 p.m.
Who: Open to the public
Phone: 303-962-2270
How: Drop by the warehouse. We also provide pickup and delivery services for a minimal fee.



"I know that when I give to PRC, my donations immediately go to help families in our community who really need it. I'm also always amazed at the great prices on new home and office furniture. I never know what deals I'll find!"

- Terry Campbell Caron, retired College Administrator



You Can be a First Responder

You may be able to notice and begin to help someone having a heart attack, but what about someone who's hurting mentally or emotionally? What are the signs and symptoms, and how should you respond?

Think CPR for the head and the heart. Mental Health First Aid is a certification course open to all adults — regardless of training or vocation. Learn to better understand mental illness and know what to do to help someone experiencing a mental health crisis.

Classes cost \$25. Upon completion of the 8-hour course, you will receive your certification in Mental Health First Aid. Classes focus on youths or adults (adult-focused class also available in Spanish). Register Now!



UPCOMING COURSES

- Mental Health First Aid Adult**
March 30, 2016 791 Chambers Rd.
April 26, 2016 1298 Peoria St.
May 20, 2016 791 Chambers Rd.
- Mental Health First Aid Youth**
February 25, 2016 1298 Peoria St.
April 13, 2016 791 Chambers Rd.
- Mental Health First Aid Spanish**
May 24, 2016 1298 Peoria St.



To learn more, visit www.aumhc.org/events or call 303-617-2300. To inquire about hosting a class for your organization, email communityeducation@aumhc.org

**All courses are from 8 a.m. to 5 p.m. Snacks are provided and lunch is on your own.