



11059 E. Bethany Drive • Suite 200
Aurora, CO 80014-2637

NONPROFIT ORG.
U.S. POSTAGE
PAID
DENVER, CO
PERMIT NO. 152

Aurora Mental Health Center Live Life to the Fullest

- 1 Viewpoint Plaza
11599 East Bethany Drive
- 2 North Center
1646 Emira Street
- 3 Hampden Center
14301 East Hampden Avenue
- 4 Alameda Center
10782 East Alameda Avenue
- 5 Providers' Resource
14500 East 33rd Place
- 6 Community Transitions
1390 & 1400 Chambers Road
- 7 Intercept Center
16905 East 2nd Avenue
- 8 Fitzsimons Center
2206 Victor Street
- 9 Galena Center
1504 Galena Street
- 10 Asian Pacific
14301 East Hampden Avenue
- 11 Development Center
1537 Alton Street
- 12 Chambers Center
791 Chambers Road
- Smoky Hill Center
20971 East Smoky Hill Road

www.aumhc.org
303.617.2300

Mental Health First Aid Classes

Mental Health First Aid is a unique program designed to give you the tools necessary to recognize common mental health problems and provide you with a course of action. This one-day, eight-hour class is open to all adults who want to better understand mental illness and how to help a friend or family member.

Upcoming Classes: Adult-Focused Mental Health First Aid

Thursday, February 23, 2017 • 8:30am - 4:30pm
Aurora Strong Resilience Center
1298 Peoria St., Aurora, CO 80011
Cost: \$20

Tuesday, March 7, 2017 • 8:30am - 4:30pm
Aurora Strong Resilience Center
1298 Peoria St., Aurora, CO 80011
Cost: \$20

Space is limited. Please register at www.mhfaco.org.

PERSPECTIVES

WINTER 2017



Aurora Mental Health Center
Live Life to the Fullest

New Year, New Outlook: 5 Tips for Approaching 2017 with Positivity

Research shows that how you think about your future has a direct impact on how you feel about it. In fact, a positive mental attitude actually causes your brain to release neurochemicals that help produce calmness, clarity, and optimism. As 2017 gets underway, it's the perfect time to adopt a more positive outlook.

Here are five strategies for starting the New Year with a focus on being healthy, happy, and upbeat:

- 1 **Experience and express gratitude**
Even in life's most challenging times, there are things you can be thankful for, whether it's the support of a loved one, a beautiful, sunny day, or a satisfying meal. Pay attention to those experiences and make an effort to appreciate them. You can take it a step further by jotting them down in a "gratitude journal" or in the case of your interactions with other people, expressing a heartfelt "thank you."
- 2 **Develop mindfulness**
Mindfulness is the practice of fully and richly experiencing the present moment. So often in life we're doing one thing but thinking of something else entirely. Consequently, our attention is split and ineffective. It's difficult to be mindful for extended periods, but staying focused on the present for even a few minutes at a time can lower your stress and increase your enjoyment of life.
- 3 **Tend to your physical health**
While the New Year's resolution to "get in shape" often leads to disappointment when goals aren't met, taking small steps to improve your physical health can have

positive benefits for your mental and emotional health as well. Eating just a little better, getting a little more physical activity, and sleeping a little more can pay big dividends. You may also want to consider regular visits to a primary care physician to stay on top of things.

- 4 **Donate your time and talents**
The act of helping others is always a win-win. First, it provides a benefit to the recipient. Even the smallest act of kindness can have a big impact on someone's perspective. But your generosity also has a positive effect on you, helping you feel more connected to others and enhancing your sense of self-worth.

- 5 **Visualize happiness**
We all want to have positive experiences, yet we tend to spend a great deal of time imagining the possible negative outcomes of any situation. While it's important to be ready to deal with problems that arise, anything beyond "preparation" is counterproductive. Envisioning the best possible results—getting that job you want, repairing your relationship with that important person, achieving your goals for physical and emotional wellness—is a much healthier approach.

Believing that the New Year will be a good one is a great way to help ensure that it is. Get started today!

NEW YEAR,
NEW OUTLOOK

10TH ANNUAL
STUDENT ART
CONTEST &
SHOW

UPCOMING
MENTAL
HEALTH FIRST
AID CLASSES

10th Annual Student Art Contest and Show Attracts Nearly 400 Entries



An event that was first held a decade ago as a way to introduce more families to Aurora Mental Health Center and the important information and services we provide has grown into so much more. This year, 387 students representing 32 different schools and education entities submitted entries for the Annual Student Art Contest and Show.

Awards were given for first and second place in each of four grade categories: K-3, 4-6, 7-8, and 9-12, with one student's entry selected for our 2016 Holiday Card. Four additional entrants received the Director's Choice Award from our CEO and Executive Director, Dr. Randy Stith.

"Our art contest has become a much anticipated event with the schools and educational organizations, and its popularity has grown each year, as has the attendance from the community," said Dr. Stith. "I am continually amazed at the quality and creativity of the artwork these students produce."

Students throughout the community submitted art created to reflect this year's theme: What Brings Joy to Your Life, or Happiness to Others? Every submission was displayed at the event held at the beautiful Crowne Plaza Denver Airport Convention Center. Congratulations to all the participants and their proud families!

