

AUGUST 2026

Dana:

507-330-5682

Lynda:

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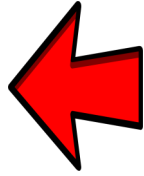
Horizon Homes, Inc.

Mobile Crisis Services

South Central Crisis
Center

Call: Crisis Services,
at 877-399-3040

Friendship House Voice



*The Friendship House no longer has a landline call
Dana's or Lynda's cell*



PICNIC

FUN!

*Great time
at Gomsrud*

Park!

Emotional Wellness

How you feel can affect your ability to carry out everyday activities, your relationships, and your overall mental health. How you react to your experiences and feelings can change over time. Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times.



(cont.)
CON



Left:

Twins Game

Right:

*Volunteering at
Furball hotdog
Fundraiser*



Dr. Rick Hanson has spent decades gathering research, information, practices, and other resources to help people just like you turn everyday experiences into a powerful sense of *lasting well-being that stays with you even amidst life's many challenges.*



What helps you carry your load?

The Practice:

Feel the support.

Why?

We're all carrying a load, including tasks, challenges, worries, inner criticism, mistreatment from others, physical and emotional pain, loss and illness now or later, and everyday stresses and frustrations.

Take a moment to get a sense of your own load. It's very real, isn't it? Recognizing it is just honesty and self-compassion, not exaggeration or self-pity.

There's a fundamental model in the health sciences that how you feel and function is based on just three factors: your load, the personal vulnerabilities it wears upon – such as health problems, a sensitive temperament, or a history of trauma – and the resources you have. As a law of nature, if your load or vulnerabilities increase – over a day, a year, or a lifetime – so must your resources. Otherwise, inevitably, you will get strained, depleted, and ground down. I've had times like this myself, and I've seen it in loved ones.

Outer resources are things like friends, health insurance, and a well-stocked refrigerator; inner resources include fortitude, positive emotions, and a kind heart. Do what you can to increase your outer resources, though many people have sadly few options there, such as the 2 million or so children in America who are homeless every year, or those that are limited by the structures built upon systemic racism. Meanwhile, you can grow your inner resources by taking in the good to build up inner strengths – including the felt sense of support.

The more you feel supported by the people who care about you, by the natural world, and by your own capabilities, the better you'll feel. Plus your load won't seem so heavy, and you'll be more able to carry it. There's also the matter of justice: if the support is real and is there for you, it is only fair for you to feel it. And the more supported you feel, the more supportive you'll be toward others.

How?

In the practices that follow just below, you are not overlooking the ways that you are not actually supported. You are just focusing on that part of the whole truth that is the support that truly does exist for you. In particular, you are trying to help this recognition become an experience, a feeling of being supported, which might be subtle, but could still have a sense of ease, relief, calming, or happiness in it.

Try to make feeling supported a regular part of your day. For example, yesterday I went out for a walk and took a few seconds here and there to feel supported by my legs, the air I was breathing, the rock and roll mix in my earbuds, the technology that brought me this music, and the chance to watch some Netflix with my wife when I got back home.

Start with something that is literally solid and concrete. Sitting, standing, or walking, become aware of how your bones are holding you up. Shift your posture until there is a clear sense of being firmly supported. There could also be a sense of uprightness, dignity, or strength. Really register this whole experience of very physical support.

Also, be aware of seeing, hearing, tasting, touching, and smelling. Pick a sense and notice how it keeps working for you, probably without any effort on your part.

Know what it is like to support someone in your life: things don't have to be perfect between you, but you still wish this person well and are basically on his or her side. Then bring to mind someone who you know cares about you. Also touch on others who wish you well, like you, or are rooting for you in some way. Soften and open to get a sense of this support; just like it would be OK for another person to feel your support, it is alright for you to feel the support of others.

Problem-solving or worrying – like thinking about how to pay the bills or nudge a relationship back to a better place – is necessary for coping, but it puts a natural focus on what's not supportive. So stop problem-solving for at least a while every day. Even consider a whole day of rest! If your mind goes back to chewing on the worry bone, that's natural. Just notice it and then guide your mind to where you do feel supported, even in the simple pleasure of a glass of water or a cookie.

When you are doing problem-solving or worrying, try to be aware of what is supportive, such as your own capabilities or the caring of others. For example, if you are grappling with a health problem, you could keep bringing to mind the sense of vitality in other parts of your body, or your determination to do whatever you can to deal with this issue, or the concern and kindness from your friends and family.

Try to feel the support that is coming to you . . . from yourself. You can know deep down that you are on your own side, that your benevolence and advocacy extend to yourself as well as to other beings.

Explore other sources of support, such as the sense of being nourished by the natural world, held by the earth, at peace in awareness itself, and if it's meaningful to you, cradled in something spiritual.

This practice is down-to-earth and always available to you in one way or another.

And it can become something quite profound. Imagine going through much of your day with an ongoing feeling of being supported. Whew. What a relief!

Build resilience

People who are emotionally well, experts say, have fewer negative emotions and are able to bounce back from difficulties faster. This quality is called resilience. Learning healthy ways to cope and how to draw from resources in your community can help you build resilience.

- ◆ To build resilience:
- ◆ Develop healthy physical habits. Healthy eating, physical activity, and regular sleep can improve your physical and mental health.
- ◆ Take time for yourself each day. Notice the good moments. Do something you enjoy.
- ◆ Look at problems from different angles. Think of challenging situations as growth opportunities. Learn from your mistakes. Try to see the positive side of things.
- ◆ Practice gratitude. Take time to note things to be thankful for each day.
- ◆ Explore your beliefs about the meaning and purpose of life. Think about how to guide your life by the principles important to you.
- ◆ Tap into social connections and community. Surround yourself with positive, healthy people. Ask for help when you need it.

Be mindful

The concept of mindfulness is simple. This ancient practice is about being completely aware of what's happening in the present—of all that's going on inside and all that's happening around you. It means not living your life on “autopilot.” Becoming a more mindful person requires commitment and practice. Here are some tips to help you get started.

- ◆ To be more mindful:
- ◆ Take some deep breaths. Breathe in through your nose to a count of 4, hold for 1 second and then exhale through the mouth to a count of 5. Repeat often.
- ◆ Enjoy a stroll. As you walk, notice your breath and the sights and sounds around you. As thoughts and worries enter your mind, note them but then return to the present.
- ◆ Practice mindful eating. Be aware of taste, textures, and flavors in each bite, and listen to your body when you are hungry and full.
- ◆ Be aware of your body. Mentally scan your body from head to toe. Bring your attention to how each part feels.
- ◆ Find mindfulness resources, including online programs and teacher-guided practices.

Cope with loss

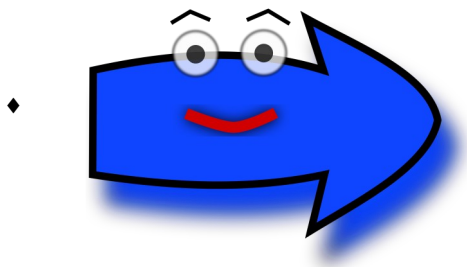
When someone you love dies, your world changes. There is no right or wrong way to mourn. Although the death of a loved one can feel overwhelming, most people can make it through the grieving process with the support of family and friends. Learn healthy ways to help you through difficult times.

- ◆ Take care of yourself. Try to eat right, exercise, and get enough sleep. Avoid bad habits—like smoking or drinking alcohol—that can put your health at risk.
- ◆ Talk to caring friends. Let others know when you want to talk.
- ◆ Find a grief support group. It might help to talk with others who are also grieving.
- ◆ Don't make major changes right away. Wait a while before making big decisions like moving or changing jobs.
- ◆ Talk to your doctor if you're having trouble with everyday activities.
- ◆ Consider additional support. Sometimes short-term talk therapy can help.
- ◆ Be patient. Mourning takes time. It's common to have roller-coaster emotions for a while.

Strengthen social connections

Social connections might help protect health and lengthen life. Scientists are finding that our links to others can have powerful effects on our health—both emotionally and physically. Whether with romantic partners, family, friends, neighbors, or others, social connections can influence our biology and well-being.

- ◆ Build strong relationships with your family
- ◆ Get active and share good habits with family and friends.
- ◆ If you're a family caregiver, ask for help from others.
- ◆ Join a group focused on a favorite hobby, such as reading, hiking, or painting.
- ◆ Take a class to learn something new.
- ◆ Volunteer for things you care about in your community, like a community garden, school, library, or place of worship.
- ◆ Travel to different places and meet new people.



**ATTEND ACTIVITIES WITH
YOUR CLUBHOUSE!**

AUGUST ACTIVITIES

Ongoing Activities:

Clubhouse Breakfast on Sunday's	Ceramics
Board, Bingo and Meal	Walking Group
LAC and Meal (Quarterly)	Men's Group
Women's Group	

Volunteering Activities:

Furball	Meals on Wheels	St. Vincent Food Shelf
CAC Food Shelf	Adopt a Trail	FARMERS MARKET!
Community Café	Paradise Center	Singing at NP. Senior Living

New Activities:

Let's Go Fishing

Baking Days for Farmers Markets

Vintage Band Festival—Northfield

Redwing Museum Tour

10 County Freeborn Co. Picnic—Albert Lea

Steele County Fair

Cannon Falls Touring

★HAPPY★
BIRTHDAY!

AUGUST BIRTHDAYS

JAY Q.
KATHY C.
HEIDI B.
REBECCA E.
TESFA W.







*August
national days
word search
printable
from Always
the Holidays*

Y Z Y A D E L F F A W O E S G
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POTATO DAY
MEAD DAY
PLAY BALL DAY
LAZY DAY
DOG DAY
WAFFLE DAY
DOLLAR DAY

PROSECCO DAY
RUM DAY
LION DAY
VINYL RECORD DAY
BOW DAY
WATERMELON DAY
IPA DAY
OYSTER DAY

DOLL DAY
DINOSAURS DAY
CBD DAY
KIDS DAY
GEORGIA DAY
CAT DAY
GOSSIP DAY