IT'S TIME TO RE-EVALUATE!!

How are you spending your time...

How do your top 5 make you feel?

<table>
<thead>
<tr>
<th>0</th>
<th>1</th>
<th>2</th>
<th>3</th>
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</thead>
<tbody>
<tr>
<td>I want to change the way I spend my time</td>
<td>I think I should make some adjustments with how I spend my time</td>
<td>I do a pretty good job managing my time but I can do better</td>
<td>I am very productive</td>
</tr>
</tbody>
</table>

* If you don't like how your time is being spent, what changes would you like to make? *
* Create a new list of your top 5 ways you would like to spend your time. *
* How can you make this list sustainable on a daily basis? *

Change Isn't Your Thing? If you're struggling to adjust your list, you can integrate new activities like learning to cook a new dish or trying a new meditation app that can help make the process an exciting adjustment.
COMMUNITY NEWSLETTER
from Centennial Mental Health Center’s Prevention Team

If you need additional support at this time, remember that our team is here for you.

Reach out to Centennial Mental Health Center to speak to someone today. Use our community service line

You can also find more resources at the following link:
https://www.centennialmhc.org/covid-19-communications/

Cheyenne County
Cheyenne Wells - 719.346.8183

Morgan County
Fort Morgan - 970.847.4924

Elbert County
Elizabeth - 303.646.4519

Phillips County
Holyoke - 970.854.2114

Kit Carson County
Burlington - 719.346.8183

Sedgwick County
Julesburg - 970.474.3769

Lincoln County
Limon - 719.775.2313

Washington County
Akron - 970.345.2254

Logan County
Sterling - 970.522.4392

Yuma County
Wray - 970.332.3133
Yuma - 970.848.5412

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