



## IT'S TIME TO RE-EVALUATE!!

How are you spending your time...



How do your top 5 make you feel?

0	1	2	3
I want to change the way I spend my time	I think I should make some adjustments with how I spend my time	I do a pretty good job managing my time but I can do better	I am very productive

\* 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 you 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.



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# 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**

**Cheyenne County**  
Cheyenne Wells - 719.346.8183

**Morgan County**  
Fort Morgan - 970.867.4924

**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

**YOU CAN ALSO FIND MORE RESOURCES AT  
THE FOLLOWING LINK:**

<https://www.centennialmhc.org/covid-19-communications/>



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