



THE CENTENNIAL BRIEFING



CHEYENNE · ELBERT · KIT CARSON · LINCOLN · LOGAN · MORGAN · PHILLIPS · SEDGWICK · WASHINGTON · YUMA

Our mission is to achieve excellence in the provision of behavioral health services that lead to optimal health and well being

SELF-CARE IN A SELFLESS FIELD

It is so **important** to take time for yourself and find clarity. The most important relationship is the one you have with yourself.

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We are currently living in unprecedented and difficult times. Prevention specialists, in addition to experiencing the current global pandemic, also listen to painful and distressing experiences which can lead to compassion fatigue and burn-

out. This course will help you learn more about possible signs of burnout, how to implement self-care practices to your daily life, and receive available resources to combat the effects of work-related stress.

[Click HERE to register for this course!](#)

INTERNAL NEWSLETTER ARCHIVE

For quite some time our Prevention Team and Early Childhood Team have been creating some great information within newsletters for our internal staff, the communities we serve, school personnel and professionals and the partners we work closely with. These newsletters have been posted and housed on our

hot off
the
press

website for everyone's access. Feel free to share this link with others as well as allowing it to be a resource for you.

[Click for link!!](#)

5 STEPS TO MENTAL WELL-BEING

5 steps to mental wellbeing
Evidence suggests there are 5 steps we can all take to improve our mental wellbeing.

If you give them a try, you may feel happier, more positive and able to get the most from life.



Give to others

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time.

Join a community group. Look out as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with people around you.



Take notice / be mindful

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.



Be active

Swap your inactive pursuits with active ones. Go for a walk. Step outside. Play a game. Garden. Dance. Walk or cycle when making short journeys. Being active makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.



Connect

... with the people around you. With family, friends, colleagues and neighbours. At home, work or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.



Keep learning

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.