

WINTER 2024

MENDED HEARTS

Therapeutic Riding and Counseling Center



RECHARGING YOUR MENTAL HEALTH

January – the beginning of a new year – can be a good time to evaluate your mental health and self-care practices. Studies show almost half of American adults will experience a mental health challenge during their lifetime, and your mental health can positively (or negatively) impact your physical health.

Prioritize your mental health by implementing self-care routines and healthy coping mechanisms like exercise, meditation or deep breathing to manage stress. Maintaining a regular sleep schedule, eating healthy foods, and drinking plenty of water are all good ways to care for yourself. Also try to focus on the positive in your life; negative thoughts are rarely helpful and may not even be accurate.

Post-Traumatic Stress Disorder (PTSD), depression, anxiety, and eating disorders are more common than many people know. If you are struggling with any of these issues, you can get the help you need by being honest with your health care provider or therapist.

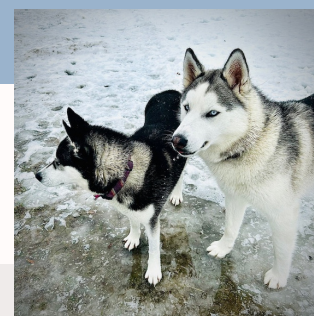
FOCUS ON:

January

- Mental Wellness Month

February

- American Heart Month
- Black History Month
- National Eating Disorders Awareness Week (2/26-3/3)





MENTAL HEALTH RESOURCES ARE ALL AROUND YOU

We at Mended Hearts feel honored that you chose us to help you improve your mental and emotional health. But we also know that you can't always drop everything to see your counselor. Here are some resources you may find helpful in addition to your counseling sessions.

- Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline: 1-800-662-HELP (1-800-662-4357); <https://www.samhsa.gov/find-help>
- National Domestic Violence Hotline: 1-800-799-SAFE (1-800-799-7233); <https://www.nami.org/help>
- LGBTQ+ National Hotline: 1-888-843-4564;
- National Eating Disorders Association (NEDA): <https://www.nationaleatingdisorders.org/>

Mended Hearts Christmas Open House

Thank you to all who joined us, those who volunteered, and all the vendors who shared their artistic creations!

