

## UPCOMING HIGHLIGHTS

CUSTOM TUMBLERS JUNE 2<sup>ND</sup>

PANTRY MEAL PREP JUNE 11<sup>TH</sup>

PANTRY MEAL PREP JUNE 25<sup>TH</sup>

BOWLING JUNE 19<sup>TH</sup>

MAKE YOUR OWN ICE CREAM JUNE 26<sup>TH</sup>



## Boundaries & Connection

## Gratitude Wall

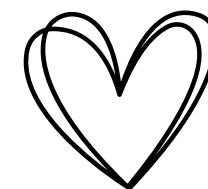
I'M SUPER GRATEFUL FOR THE M.I.N.D. PROGRAM! I GET TO HANG OUT WITH SO MANY INTERESTING PEOPLE AND GET TO KNOW THEM. THE MORE I KNOW, THE MORE I REALIZE THAT WE HAVE SO MUCH IN COMMON. IT'S A PLEASURE TO BE A PART OF AND SOMETHING I LOOK FORWARD TO EVERYDAY. - NICK (SUMMER STAFF)

I'M GRATEFUL FOR ALL THE WONDERFUL PEOPLE I'VE GOTTEN TO MEET, AND LEARNING ABOUT EVERYONE'S EXPERIENCES. I LOVE BEING ABLE TO SUPPORT OTHERS AND BE A PART OF AN AMAZING COMMUNITY, AND I'M GLAD WE CAN FOSTER A PLACE WHERE PEOPLE FEEL SAFE AND COMFORTABLE. - MAX (SUMMER STAFF)

I AM GRATEFUL FOR EVERY MEMBER WHO WALKS THROUGH OUR DOORS. YOUR COURAGE, RESILIENCE, HUMOR, AND WILLINGNESS TO KEEP SHOWING UP INSPIRE ME EVERY DAY. THE M.I.N.D. PROGRAM IS MORE THAN ACTIVITIES AND WORKSHOPS—IT IS A COMMUNITY BUILT ON CONNECTION, SUPPORT, AND THE BELIEF THAT EVERYONE DESERVES THE OPPORTUNITY TO MOVE IN NEW DIRECTIONS. - MYRIAM (M.I.N.D. COORDINATOR)

I AM GRATEFUL FOR THE MEMBERS, OUR AMAZING STAFF AND EVERYDAY I GET TO SPEND HERE AT ERGON. THE ENVIRONMENT HERE IS SOMETHING SO INCREDIBLE TO SEE FROM WHATEVER PERSPECTIVE YOU ARE LOOKING AT. THE CONNECTIONS MADE IN THIS BUILDING CAN BE LIFE CHANGING. - HANNAH (SUMMER STAFF)

WHAT ARE YOU GRATEFUL FOR THIS MONTH?



## THRIFT STORE UPDATE

JUNE 26<sup>TH</sup>-30<sup>TH</sup> 50% OFF THE ENTIRE STORE FOR SUNFEST

JUNE 26<sup>TH</sup> FREE LEMONADE

## WELCOME

WELCOME TO THIS MONTH'S M.I.N.D. NEWSLETTER.

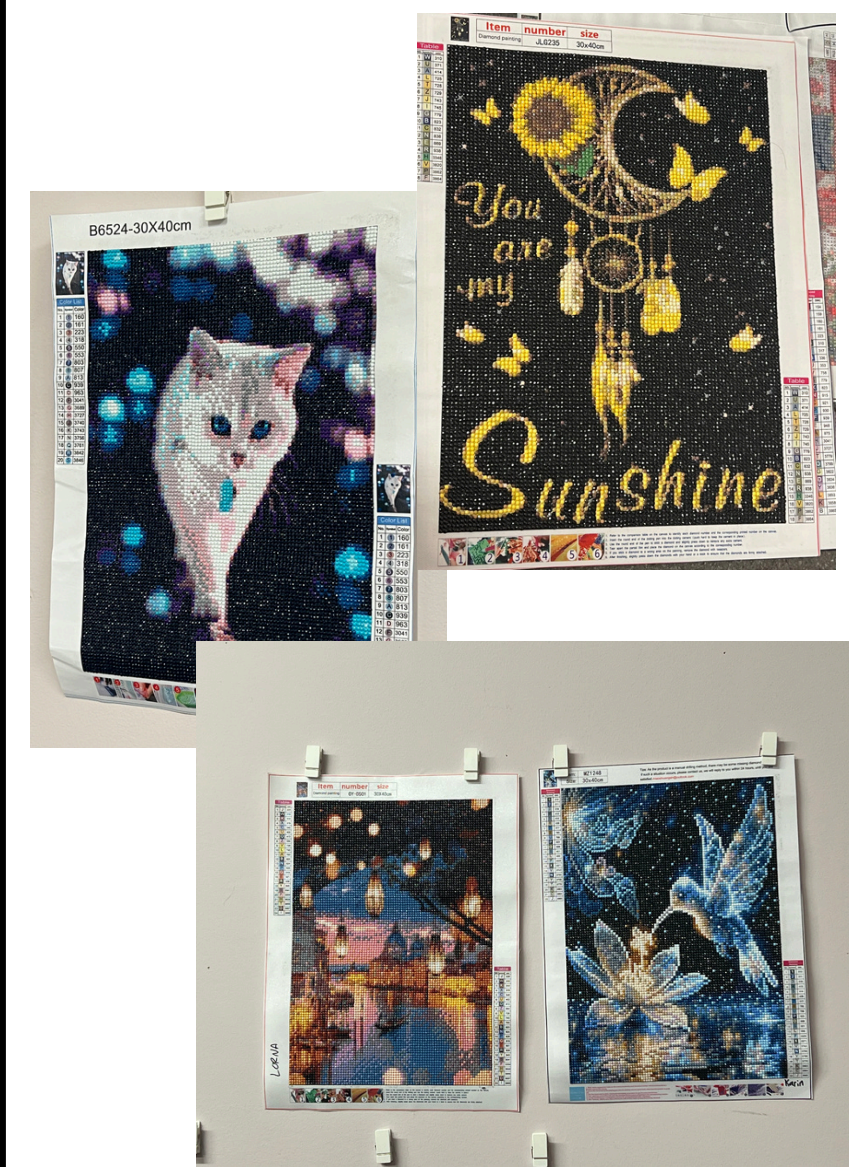
WHETHER YOU'RE TAKING BIG STEPS OR JUST TRYING TO GET THROUGH THE WEEK, WE'RE GLAD YOU'RE HERE. RECOVERY AND GROWTH RARELY HAPPEN ALL AT ONCE — THEY HAPPEN IN SMALL MOMENTS, QUIET CHOICES, AND THE SUPPORT WE BUILD AROUND OURSELVES ALONG THE WAY.

WE HOPE THIS MONTH'S ACTIVITIES, CONVERSATIONS, AND CREATIVE SPACES HELP YOU FEEL A LITTLE MORE CONNECTED, SUPPORTED, AND UNDERSTOOD

## Brain Fact of the Month

YOUR BRAIN IS ALWAYS CHANGING AND ADAPTING — THIS IS CALLED NEUROPLASTICITY. EVERY TIME YOU LEARN A NEW SKILL, PRACTICE A COPING STRATEGY, OR TRY SOMETHING DIFFERENTLY, YOUR BRAIN CREATES AND STRENGTHENS NEW PATHWAYS. HEALING AND GROWTH ARE POSSIBLE AT ANY AGE.

## M.I.N.D Moments



## MENTAL HEALTH CORNER

GROUNDING IS ABOUT HELPING YOUR MIND AND BODY RECONNECT TO THE PRESENT MOMENT. WHEN STRESS PULLS US IN EVERY DIRECTION, EVEN SMALL THINGS — A DEEP BREATH, A WALK, A WARM DRINK, OR NOTICING WHAT'S AROUND YOU — CAN HELP STEADY THE NERVOUS SYSTEM.

SELF-CARE DOESN'T HAVE TO BE BIG TO MATTER. SMALL ACTS OF CARE STILL COUNT.

## CREATIVE SPOTLIGHT



## B-I-N-G-O

LISTEN TO MUSIC	ATTENDED THE M.I.N.D PROGRAM	ATE SOMETHING NOURISHING	REACHED OUT TO A FRIEND
PAUSE BEFORE RESPONDING	LEFT THE HOUSE	ASKED FOR HELP	DID SOMETHING CREATIVE
USED A GROUNDING TECHNIQUE	WENT OUTSIDE	ANSWERED A TEXT	NAMED A FEELING
DIDN'T ISOLATE	RESTED WITHOUT GUILT	SAID NO TO SOMETHING	TOOK A DEEP BREATH

## IMPORTANT REMINDERS

PLEASE MAKE SURE TO SIGN UP FOR SIGN UP ACTIVITIES SO WE HAVE ENOUGH MATERIALS FOR ALL PARTICIPANTS

MAKE SURE TO LEAVE DIAMOND PAINTINGS IN THE M.I.N.D OFFICE

REMINDER TO TRY TO KEEP ONE-ON-ONE SESSIONS TO MONDAYS AND WEDNESDAYS TO ENSURE STAFF IS ABLE TO WORK ON OTHER PROJECTS AS WELL, THANK YOU FOR YOUR UNDERSTANDING. THIS DOES NOT APPLY IF A MEMBER IS IN CRISIS.

THANK YOU FOR BEING A PART OF THE M.I.N.D COMMUNITY.

## Connection Challenge

THIS MONTH, CHALLENGE YOURSELF TO MAKE ONE SMALL CONNECTION. SEND A TEXT, SHARE A COFFEE, ASK SOMEONE HOW THEY'RE DOING, OR SIMPLY SAY HELLO TO SOMEONE YOU SEE REGULARLY.

CONNECTION DOESN'T HAVE TO BE DEEP OR COMPLICATED. SOMETIMES THE SMALLEST INTERACTIONS CAN REMIND US THAT WE'RE NOT AS ALONE AS WE FEEL.



## Helpful App of the Month

**INSIGHT TIMER** – FREE GUIDED MEDITATIONS, SLEEP SUPPORT, AND CALMING MUSIC.

**FINCH** – A SELF-CARE APP THAT USES SMALL DAILY GOALS AND ENCOURAGEMENT TO BUILD HEALTHY HABITS.

**MINDSHIFT CBT** – DESIGNED TO HELP MANAGE ANXIETY USING PRACTICAL CBT-BASED TOOLS AND EXERCISES.

## Community Resources

NEED SUPPORT? YOU'RE NOT ALONE.

• 211 NEW BRUNSWICK – DIAL 2-1-1

FOR COMMUNITY RESOURCES

• CHIMO HELPLINE – 1-800-667-

5005 (24/7 SUPPORT)

• CMHA NEW BRUNSWICK – MENTAL HEALTH INFORMATION AND PROGRAMS

• TALK TO M.I.N.D. STAFF ABOUT LOCAL RESOURCES AND PANTRY SUPPORTS

SOMETIMES REACHING OUT IS THE

HARDEST STEP—AND THE MOST

IMPORTANT ONE.

## Adulting Without Losing Your Mind

BUDGETING TIP OF THE MONTH

TRY THE "24-HOUR RULE." BEFORE MAKING A NON-ESSENTIAL PURCHASE, WAIT 24 HOURS.

GIVING YOURSELF A LITTLE TIME CAN HELP REDUCE IMPULSE SPENDING AND MAKE ROOM FOR THE THINGS THAT MATTER MOST.

ENERGY-SAVING TIP

THINK OF YOUR ENERGY LIKE A PHONE BATTERY.

IF YOU'RE RUNNING LOW, FOCUS ON THE ESSENTIALS FIRST. NOT EVERYTHING NEEDS TO BE DONE TODAY, AND REST IS PART OF STAYING CHARGED.

## A Note From the M.I.N.D Team

THIS MONTH M.I.N.D IS ALL ABOUT BOUNDARIES AND CONNECTIONS. WE HOPE WE CAN COUNT ON YOU TO COME IN TO JOIN US FOR ALL THE EXCITING THINGS WE HAVE PLANNED AS WE HEAD INTO OUR SUMMER MONTHS. WE WANT TO THANK OUR MEMBERS FOR CONTINUING TO SHOW UP AND BE A PART OF THIS AMAZING ENVIRONMENT. AS WE MOVE INTO A NEW MONTH, WE WANT TO TAKE A MOMENT TO RECOGNIZE THE EFFORT IT TAKES TO KEEP SHOWING UP. WHETHER YOU'RE TAKING BIG STEPS, SMALL STEPS, OR SIMPLY DOING YOUR BEST TO GET THROUGH THE DAY, IT MATTERS.

THANK YOU FOR BEING PART OF OUR COMMUNITY. WE HOPE YOU CONTINUE TO FIND CONNECTIONS, SUPPORT, AND MOMENTS OF JOY ALONG THE WAY. WE'RE GLAD YOU'RE HERE. LAST MONTH WE HAD OUR PANTRY MEAL PREP, OUR M.I.N.D PIZZA PARTY, KARAOKE, AND OF COURSE OUR CLASSES AND NEW MELLOW MONDAY BINGO AND WERE SO EXCITED FOR ALL THE THINGS WE HAVE PLANNED FOR YOU DURING JUNE.

## Recipe Corner

- SUNSHINE SPRITZER 

SPARKLING WATER, ORANGE JUICE, AND A SPLASH OF PINEAPPLE JUICE. BRIGHT, FIZZY, AND REFRESHING.

- BERRY BOOST FIZZ 

SPARKLING WATER WITH FROZEN MIXED BERRIES AND A SQUEEZE OF LEMON.

- PEACH ICED TEA COOLER 

ICED TEA MIXED WITH PEACH JUICE AND SERVED OVER ICE.

- CUCUMBER MINT REFRESHER 

COLD WATER WITH CUCUMBER SLICES, MINT LEAVES, AND A SQUEEZE OF LIME.

- HOT CHOCOLATE HAPPINESS 

A COZY MUG OF HOT CHOCOLATE TOPPED WITH CINNAMON OR MINI MARSHMALLOWS FOR AN EXTRA TREAT.

## Red Flag / Green Flag

YOUR FRIEND TEXTS YOU 50 TIMES IN 10 MINUTES BECAUSE YOU'RE NOT ANSWERING

GREEN FLAG OR RED FLAG?

## Playlist of the Month

SPOTIFY – MOOD BOOSTER

A MIX OF UPBEAT, FEEL-GOOD SONGS DESIGNED TO LIFT YOUR MOOD AND ENERGY. [MOOD BOOSTER PLAYLIST](#)

SPOTIFY – GOOD ENERGY

POSITIVE, UPBEAT MUSIC FOR WHEN YOU NEED A LITTLE MOTIVATION. [GOOD ENERGY PLAYLIST](#)

SPOTIFY – HAPPY FOLK


GENTLE, UPLIFTING ACOUSTIC AND FOLK MUSIC. [HAPPY FOLK PLAYLIST](#)

SPOTIFY – FEEL GOOD JAZZ


RELAXING AND CHEERFUL JAZZ FOR A CALMER MOOD BOOST. [FEEL GOOD JAZZ PLAYLIST](#)

MUSIC WON'T SOLVE EVERYTHING, BUT SOMETIMES THE RIGHT SONG CAN MAKE A HARD DAY FEEL A LITTLE LIGHTER. 

## ECHO & CINDER CORNER


Life lessons from our favorite duo 

This is **MY** yellow spring. I worked hard to find it.

But sharing can be cool! 



### BOUNDARY LESSON:

It's okay to have things that are just for you. You can say "no" and still be kind. 

## Journal Prompt

WHERE IN YOUR LIFE DO YOU FEEL MOST CONNECTED TO OTHERS? WHAT HELPS YOU FEEL SAFE ENOUGH TO BE YOURSELF, AND WHAT BOUNDARIES HELP PROTECT THAT SENSE OF CONNECTION? CONSIDER HOW YOU CAN HONOR BOTH YOUR NEED FOR CONNECTION AND YOUR NEED FOR PERSONAL SPACE.



THANK YOU FOR BEING A PART OF THE M.I.N.D COMMUNITY.