

AUGUST 2017

Jersey Ridge Place

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Toni 8/1

Connie 8/20

Eulalia 8/21

Phyllis 8/25

Lucille 8/28

UPCOMING EVENTS:

Tuesday August 15th We'll be making a trip to Wal-Mart. Please make sure your loved one has their own money. Contact Sherry @ 563-355-2027 to see if your loved one is on the list!

Thursday August 24th We're off to the movies! Leaving at 1:15 and should be back around 4!

August is national "admit you're happy month", so I've included some tips on how to stay happy this month!

1. Set an intention

Intentions are the cornerstones to creating your reality folks. And every part of your life deserves at least one! Here is mine for my well-being emotionally:

2. Hold it in your image

When you think of yourself, do you think of an ecstatically happy person? No? Well lets change that shall we?

3. Look for reasons to be happy

It doesn't take much of this to shift from self-pity (or any other constrictive state) to happy. Keeping a gratitude journal is one of the most amazing ways to stay happy and exuding a flow of good things coming to you.

4. Empower yourself

It's hard to feel happy if you feel powerless and hopeless. And some people have good reason to feel this way, and perhaps happiness eludes them. You're not one of them.

5. Slow, slow, slow down

Most of us are so focused on what is *left* to do, we stop paying attention to what it is we *are* doing. And it stops being enjoyable. And there goes our happy.

6. Honor your needs and what feeds your soul

We all have things that nurture us, that feed our soul and rejuvenate us.

7. Take good care of *you*

Your body has needs, which if not heeded, can have debilitating effects on your physical *and* emotional bodies. Good clean diet, exercise to fit your temperament, and relaxation activities to reduce stress should all be part of your normal way of life.

8. Use mood altering substances

Aromatherapy is a great way to change your mood. Simple and effective, aromatherapy is in widespread use by medical professionals in Europe and although it hasn't caught on as well in the US it *is* readily available.

There are lots of good aromatherapy books out there, but make sure you only buy 100% pure essential oils.

9. Ask for help (if you need it)

If you are dealing with intense grief, depression, anxiety or other debilitating emotional states, find someone to help you through this until you can manage getting to the happy place by yourself.

Don't
WORRY
Be
HAPPY