



Seasons *change* and so do we.
~NikkiChe

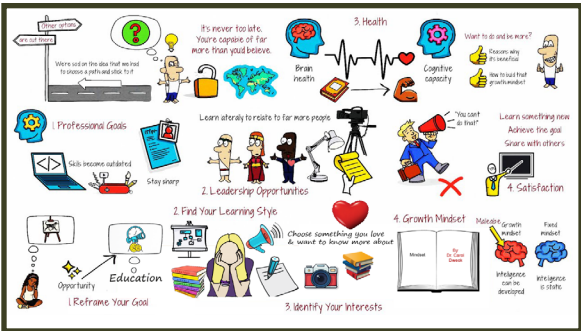
Support Services



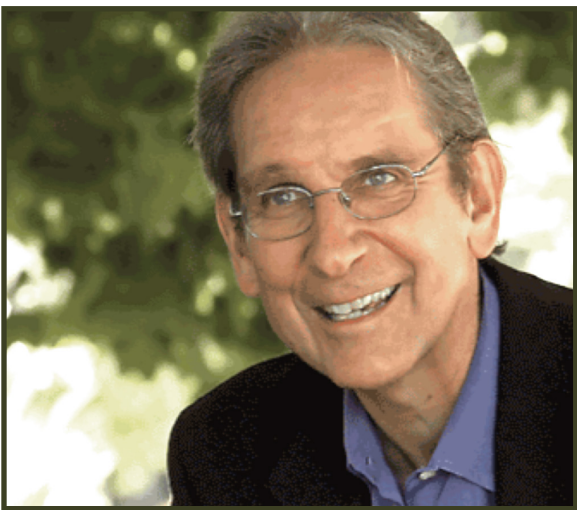
Renew & Recharge Quarterly

Creating Mental Health and Wellness Connections

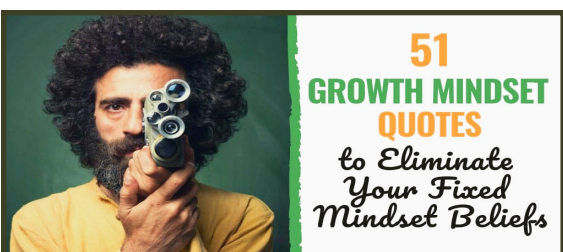
The Renew & Recharge Quarterly is a newsletter with a Mission & a Purpose. We hope to inspire YOU to Rest when weary, to Rebuild your strength, to Revive your energy and to Rekindle your soul.



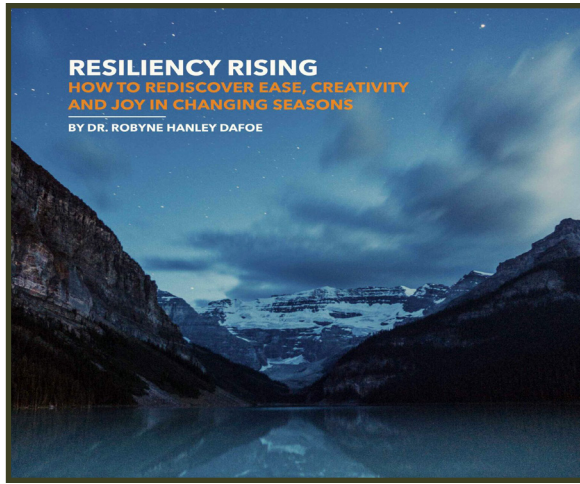
Lifelong learning preserves an individual's desire to obtain new knowledge outside of the formal education system. Developing an attitude where you constantly learn is the only way to succeed in the dynamic environment that we live in today.



Dr. John Ratey is the Clinical Associate Professor at Harvard Medical School and is a specialist on the power of exercise on the brain. Dr. Greg Wells' podcast episode 43 discusses one of his books, [Spark: The Revolutionary New Science of Exercise and the Brain](#), in which he dives deep into the science of exercise and the brain, and how we can use exercise to improve outcomes in ADD, ADHD, addiction, depression, anxiety, and stress. It also explores how exercise can improve learning and outcomes in aging. There is also a discussion of his more recent book, [Go Wild: Free Your Body and Mind from the Afflictions of Civilization](#), which is all about nature and community. [Click here](#) to listen to the interview!



Looking for growth mindset quotes? Want encouragement to continue to learn and improve? This [blog post](#) will help you out.



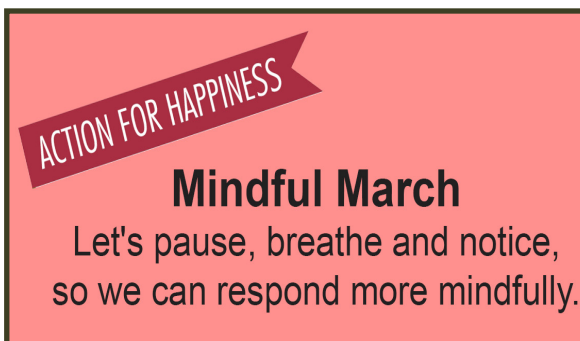
Resiliency Rising

Dr. Robyne Hanley-Dafoe shares her evidence-based principles and practical tools that will empower you to move from grasping to stretching. To transform yourself from a state of coping to the state of growing. Together, we will learn how to rise from our adversity into a greater sense of ease, spaciousness, and pleasure once again. As things begin to open up and we emerge from the pandemic, we need to reconnect with what brings us joy even as things are a bit wobbly!



Prescription to Get Active

Move Better. Feel Better. Be Healthier. If there was one prescription that could prevent and treat dozens of diseases and had no negative side effects, wouldn't you take it? Learn about this unique prescription and how it can help you advance and improve your health.



Action for Happiness.

The best way to take care of the future is to take care of the present moment. – Thich Nhat Hanh.

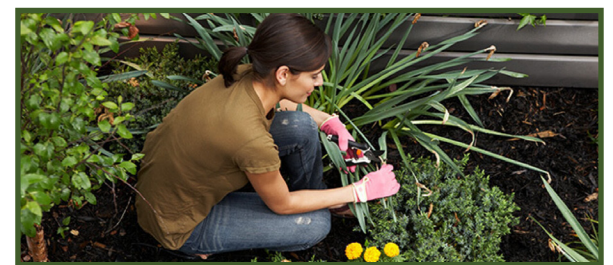
I can do hard things.



In a growth mindset, people believe that their most basic abilities can be developed through hard work and dedication - brains and talent are just the starting point. [17 growth mindset activities](#) for adults to explore!



[Community Education Service](#) offers upwards of 100 FREE, on-line presentations each year. Our expert speakers deliver timely, credible information and best practice strategies to support the development and mental health of a child or youth in your life.



Spring Reset for Your Home, Body, and Mind

Springtime provides an opportunity to rid yourself of the things that no longer serve you, such as negative thinking patterns you have held on to for too long. When you are more organized, you can feel less stressed and overwhelmed, have more energy, and exhibit better focus.



The [Social Clock](#) is a culturally defined timeline for social milestones. Think first job, marriage, having a child, graduating from college, buying a home, retiring, etc. How is this impactful?

Because you matter...

the
GREATEST
MOMENTS
IN
Life
ARE
THE SIMPLEST

there is
Sunshine
in my
Soul

there are
so many
BEAUTIFUL
reasons
to be
HAPPY.

Stay
Positive

TURN YOUR
CAN'T
INTO CANS
AND YOUR
DREAMS INTO
PLANS

SERVE ONE
ANOTHER IN
LOVE

WAKE UP
AND BE
AWESOME
TODAY

Keep choosing
HAPPINESS
daily and
HAPPINESS
will keep
choosing you
back.

Whatever you
decide to do,
make sure it
makes you
HAPPY.

NO BEAUTY
shines brighter
THAN THAT OF A GREAT
GOOD HEART

HE
fills my life
WITH GOOD
THINGS
PSALM 103:5

LET'S
celebrate
SOMETHING
today

hard
work
IS NOTICED

LIFE
IS
better
WHEN YOU'RE
LAUGHING

I am in
charge of
how I feel
and I choose
happiness

LIFE NOT
DOES HAVE TO BE
PERFECT TO BE
wonderful

a
joyful
heart
is good
medicine
Proverbs 17:22

CHOOSE
HAPPINESS

Whatever
makes your soul
happy.
do that.

SET A GOAL THAT
MAKES YOU
WANT TO
JUMP OUT
OF BED
IN THE MORNING.

Expect
Nothing
and
Appreciate
Everything

Spend LIFE
with who
makes you
HAPPY, not
who you
have to
IMPRESS.

Leave a
little
Sparkle
WHEREVER
you go

BUSY
is the new
HAPPY

Happy weekend!