

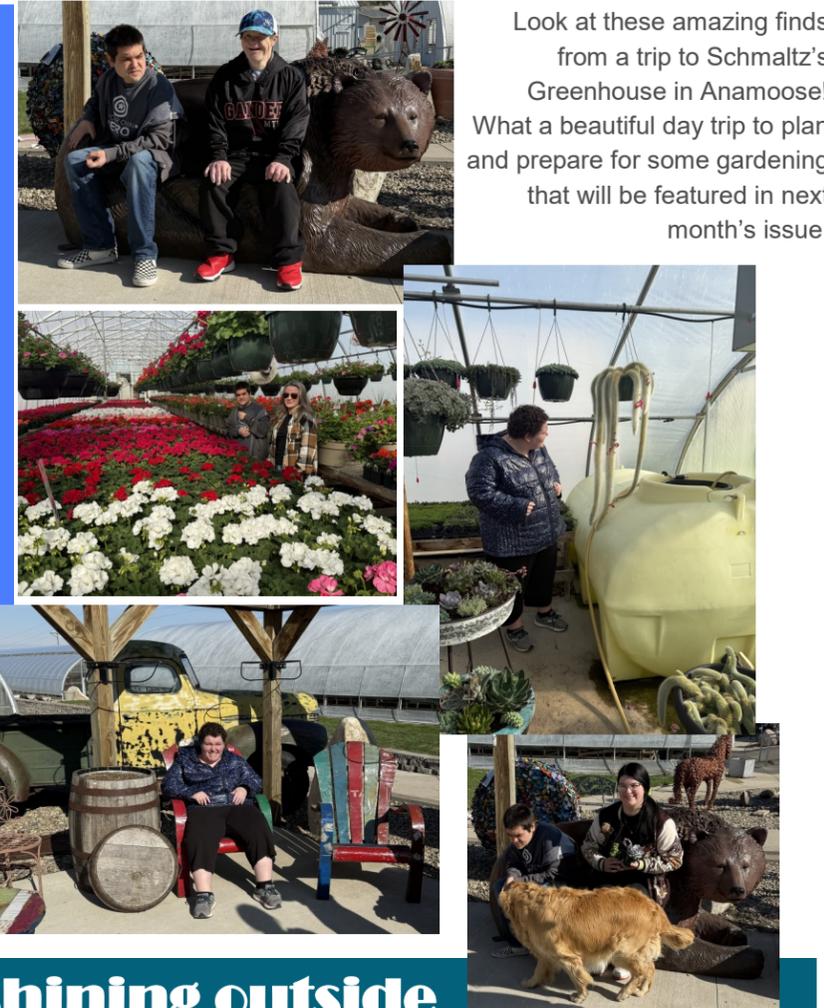


Paint & Sip

Everyone had such a fun time sipping Italian sodas and painting their own signs to welcome summer! Lisa with Anamoose's own Hope Chest Gift Shop and Mocha Moose Coffee Shop hosted this colorful event and worked to bring out everyone's unique creativity!

HOW TO INCORPORATE MENTAL HEALTH INTO YOUR DAILY ROUTINE

- Incorporate relaxation into your day
- Take time to observe and assess your feelings and emotions
- Plan some activities which are enjoyable and give you a sense of achievement
- Engage in something which can boost your mental health
- At the end of each day write down 3 good things you have achieved or are grateful for
- If you experience negative thoughts write them down and challenge them.
- Spend time to really connect with friends or family members
- Look after your physical self. Eat a balanced diet, take breaks and go for a walk
- Make sure you have time throughout the day to practice self care. Schedule "me" time
- If you are feeling low or anxious don't be afraid to talk to someone



Look at these amazing finds from a trip to Schmalz's Greenhouse in Anamoose! What a beautiful day trip to plan and prepare for some gardening that will be featured in next month's issue.

Whether the sun is shining outside or the weather keeps you inside...it's always a great time to get moving!



Who doesn't love a local coffee shop stop at The Bean Encounter??



Thank you for the sweet May Day treat deliveries!



Minot trip to watch the performing circus!



Enjoying lunch at Calacas Cocina! Calacas is a family-owned and independently operated Mexican restaurant located right here in Harvey.



Staying connected to others is vital for our emotional and mental health. Who can you reconnect with over a meal and some laughs?