

# OCTOBER 2023



## THE MONTHLY THRIVE



### The Daily Thrive

#### Community Events/Dates

This month, Lifetime Counseling Center will be launching a 30 Day Wellness Challenge called "The Daily Thrive."

- 10/21 - Be a Buddy 5K
- 10/22 - Special Needs Inclusive Trick-or-Treat at Space Coast Field of Dreams
- 10/23-10/31 - Red Ribbon Week
- 10/28 - Walks
  - Making Strides against Breast Cancer
  - Monster Walk
  - Ghostly Gecko 5K



#### Pumpkin Spice and Everything Nice



Take some time this month to focus on your mindset. It's easy to get into a negative spiral. One drawback turns into a day of noticing nothing but flaws. When we purposefully recognize even the smallest wins, this can help to change our frame of mind and mood for the day. Another way to do this is to give compliments to yourself and others. Can you think of at least one positive affirmation or comment each day?

- Today will be a great day!
- I feel so healthy today!
- I'm so glad to see you today!
- I am in control of my happiness!

#### Spooky Myths About Mental Health

**Myth:** It's impossible to prevent mental illness.  
**FACT:** Prevention is possible by addressing risk factors.

**Myth:** People with mental illness are violent.  
**FACT:** Only 3-5% of violent acts can be attributed to individuals with serious mental illness.

**Myth:** I can't do anything to help someone with mental health difficulties.  
**FACT:** Friends and loved ones can make a big difference.

