



Feel-Good Friday

It's **Mental Health Awareness Month!** What's YOUR mental wellness piece of advice?

This morning, TriCity Family Services' Advisory Council kicked off their quarterly committee meeting by sharing personal mental wellness tips:

"Retire!"

"Deep breathing exercises help to keep me centered and relaxed."

"Working outside with my lawn tractor or chainsaw."

"Enjoying quiet time, looking out the window at the yard, with the dog sitting on my lap."

"Playing golf."

"Getting enough sleep and listening to podcasts ."

"Listening to music ... even singing in the car!"

"Sweeping floors. The motion of using a broom (correctly) is calming to me."

Your Mental Health Matters

*To receive email updates on current Emotional Wellness Programs, including virtual presentations, send an email saying "Feel Good" to emotional-wellness-no-reply@tricityfamilyservices.org