



MaPS Newsletter



Mentoring and Peer Support

Welcome Summer!

The warm, sunny days of summer have finally arrived here in New England. We are all excited to get outside and soak up some Vitamin D, have some fun, and relax.

This month's newsletter features tips on maintaining and improving your mental and physical health while taking advantage of the nice weather.

Make sure you join our private Facebook group so that you can stay up to date on any activities and programs we offer.

Also coming soon-our new website design and merchandise!



**BUT FIRST,
COFFEE.**

Summer Mental Health Tips



Get Outside. Increase your Vitamin D and serotonin levels by spending time outside.



Get Moving. Take advantage of an endorphin boost by changing up your workout and doing something outside. Try going for a hike, a swim, or paddle. Make it a group activity for more fun.



Get and Set Goals. Goals not only help motivate us, but they give us the opportunity to reward ourselves when we reach them. Make your summer goals fun, attainable, and shareable with others. An example might be something like going on a family hike once a week.



Get Lost. That is, change your scenery up. Take a vacation or road trip and see something new. After a year of being locked down, a change of scenery will do wonders for your mental health and help recharge those batteries.



Take and Enjoy Time Off. Make time to do what you enjoy on your schedule.

Healthier Choices

Did you know that alcohol consumption goes up during the summer months? It makes sense that it does-after all we are doing more social activities like barbecues and parties.

While having fun and being social is great, we need to make sure that we don't use these gatherings as an opportunity to abuse alcohol or put ourselves at risk of becoming dehydrated or worse.

At your next gathering? Consider making up a batch of this refreshing Strawberry and Basil Lemonade. You won't miss the alcohol.

Farmer's Market

Summer is the perfect time to check out your local farmer's market for some great dinner finds.
Try something new!

Strawberry Basil Lemonade

Ingredients:

- 10 fresh large strawberries -hulled
- 1 cup lemon juice -freshly squeezed
- 6 cups filtered or sparkling water
- 15 leaves fresh basil
- 4 tbsp agave or maple syrup (OPTIONAL)
- 3 cups ice
- 1 tsp vanilla extract
- 5 strawberries -hulled & sliced

Add the whole strawberries, basil leaves, lemon juice and water to a powerful blender or (food processor) and process until smooth.

Strain into a pitcher through a fine mesh strainer. Taste and sweeten with agave or maple syrup if desired. Add the sliced strawberries.

Pour over ice and enjoy!



Be SMART - Set Goals

We are getting ready to release our Mentor Training Class and Guide. One of the things that we will be discussing in the class is setting goals. As you saw on the first page of this month's newsletter, setting goals is one tool to help support your mental health.

In order to be effective, goals need to be SMART. That means they have to be specific, measurable, attainable, realistic, and have a timeline for accomplishing them.

Think about something you want to accomplish, write it down using this technique and get to work on it!

Want a mentor to help you on your journey? Sign up on our Facebook group and request one. We will match you up with someone!

Writing goals down in a journal makes them more “real”. Keep a written record of your progress.

S.M.A.R.T. CRITERIA FOR ACHIEVING GOALS

- **SPECIFIC**: state your goal in specific, simple terms.
- **MEASURABLE**: how will you measure progress and growth?
- **ATTAINABLE**: are your goals appropriate and achievable?
- **REALISTIC/RELEVANT**: are your goals realistically achievable? Do you need to break them down into smaller parts so you don't get discouraged?
- **TIME**: What does your timeline look like? Set dates for each check point or progress marker to keep yourself accountable.

Remember: success looks different for everyone. Be willing to adapt and be flexible. Celebrate the small successes



Get Relaxed

Get in the habit of trying to spend 5 minutes every day doing something to relax. Go for a walk, take some deep breaths, or try this easy yoga pose.

Child's pose is one of the easiest poses to practice, but just because it is easy, doesn't mean that it doesn't have great benefits. Just a few minutes in this pose stretches out your lower back, fosters blood circulation, relieves stress and insomnia, improves digestion, and has a soothing or relaxing effect on your brain.

Here's how you do it:

Find a comfortable surface to kneel on (you don't need a yoga mat-a towel or carpet works fine too).

Kneel with your toes together and knees hip width apart. If this isn't comfortable, move your legs until you find a comfortable kneeling position. Place your palms on your thighs.

Exhale and lower your torso to the ground. Extend your arms over your head or rest them beside your legs, whichever is comfortable. Breathe in and out. Rest here for as long as you want.



Social Media



MaPS (Mentoring and Peer Support)



MAPS_NH



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