

# Building Better Mental Health Through Connections

## Power In Routines and Habits

The word "routine" can bring to mind words like mundane or ordinary, but routines can be enjoyable and fulfilling. Having self-defined routines and habits can offer personal balance and satisfaction.

Routines and habits are generally determined by our basic needs (nutrition/food, shelter, social affiliation, safety, etc.), and the various roles we occupy in society. Our habits affect what we eat, what we wear, how we relate to others, how we go to work, how we spend or save money, and more.

### Routines can help us:

**\*Manage stress more effectively-** stress can put us at higher risk for heart disease and negatively impact our overall health. An effective routine can help reduce stress, which can lead to better mental health, more time to relax and less anxiety.

**\*Sleep better-** routines like our sleep schedule and bedtime habits affect our mental sharpness, emotional well-being and energy. Maintaining consistent time for waking and going to bed can help us get better rest.

**\*Eat healthier-** without scheduled time for grocery shopping, it is easier to have a unhealthy diet by ordering fast food or snacks since they are often more a convenient option. Taking the time to plan trips to the grocery store gives us the opportunity to thin about what healthy foods and meals we can incorporate into our everyday life.

**\*Get active-** it is easier to exercise regularly when we make time for it. A daily routine can help us stay active, and an exercise schedule or program can help us budget our time.

*A routine is how we build habits.*

Habits become ingrained in us- and are often tough to change. For example, we might put ourselves down or feel we need a particular thing or person to get us through a tough spot. We can learn otherwise.

Life demands, stress, crisis, or trauma can impact or alter our routines and habits. This can lead to emotional (anxiety, depression), social (cranky, isolated, angry), or physical (tired, agitated) imbalances.

*...continued on page 3...*

Harmony Center

August 2024



# Monthly Recipe

## Ginger Pork Stir Fry

1 tbsp cornstarch	1 pork tenderloin (1lb), cut into thin strips
1 cup orange juice	1 tbsp canola oil
2 tbsp soy sauce	1 small onion, sliced
2 garlic cloves, minced	¼ lb fresh snow peas
¼ tsp ground ginger	½ sweet red pepper, julienned
	Hot cooked rice / Optional- green onions and sesame seeds

In a small bowl, combine cornstarch, orange juice, soy sauce, garlic and ginger until smooth; set aside.

In a large skillet or wok, stir-fry the pork in oil until lightly browned, about 5 minutes; drain. Add onion, peas and red pepper; cook and stir until crisp-tender, 3-5 minutes.

Stir orange juice mixture and add to pan. Bring to a boil; cook and stir until thickened, about 2 minutes.

Serve with rice. Garnish with green onion and sesame seeds if desired.



## Tips For Eating Healthy:

### 5 Reasons Why You Shouldn't Skip Breakfast-

**\*Lower risk of type 2 diabetes-** Skipping out on breakfast has been linked to insulin resistance. Those who eat breakfast at least 5 times a week were at a lower risk of developing type 2 diabetes. Physical activity, body mass index and general health also contribute to higher risks of diabetes.

**\*More energy for your day-** The obvious benefit of breakfast is the extra fuel it bring to your body. Having adequate nutrition in the morning can help decrease brain fog, leading to better concentration.

**\*Increased heart health-** A nutritious breakfast is good for your heart...especially if you eat fruits, whole grains and lean protein for your morning meal. Adults who skip breakfast are at a higher risk for heart disease and is also associated with significantly higher risk of mortality from heart disease.

**\*Encourages better habits-** Those who regularly eat breakfast generally have healthier eating habits than those who skip out. Eating a nutritious breakfast fills our bodies up with vitamin A, vitamin C, fiber, calcium and iron. You might be missing out on the extra dose of these vitamins and minerals if you don't eat three meals a day. Also, the hunger from skipping out on breakfast might urge you to have a larger lunch...making you feel sluggish the rest of the day.

**\*Reduces migraines-** Those who skip breakfast have a higher risk of consistent headaches.

**Bottom line-** Breakfast is important. Whether it be a bowl of whole cereal and milk, yogurt or fruit, the extra boost of nutrients is essential to start your day. Start your day off right and give your brain and body a boost.

*...Routines and Habits continued...*

Establishing new, better habits that support our wellness goals and values can be challenging, but worth it. Developing healthier routines and habits in our lives can lead to positive feelings (emotional), relationship satisfaction (social), increased energy (physical), inspiration (emotional), and a feeling that we are using our creative talents, skills, and abilities to engage in activities (occupational, intellectual, spiritual).

We may already have regular practices that make us feel better, such as mindfulness exercises, mediation or yoga, or calls to friends. It can even be avoiding the news at night, or spending less time online. We, as the expert of ourselves, will know what works and what doesn't. When we practice good habits... that can help us maintain positive relationships, good hygiene and our best health.

**Some things to consider:**

- \*Getting a good night's rest. Insomnia can noticeably impact social relationships, physical and emotional reaction, productivity, and our ability to concentrate and accomplish tasks.
- \*Being aware of the right amount of social interaction. It's important to know our limits.
- \*Remember that time zone changes or daylight saving time can impact our mood and our routines.
- \*Using a routine that works for us. Calendars help us remember when or how often we want to get things done, such as get an oil change, clean the refrigerator, celebrate an accomplishment, call a friend or family member, check our financial records, and schedule an annual physical.
- \*Repeating a behavior until it become automatic, such as taking medication. Checklists help us make sure that important tasks are not being forgotten.
- \*Creating a wellness lifestyle can be challenging, but finding the right information, supports, and resources and tracking our progress can help us get there.

We are all unique. Not everyone requires a fully scheduled day to reap the health benefits of a routine. Make the choices that will help make you be healthier and make the most out of your time.

**\*Try one thing at a time.** Do not feel like you need to change your entire lifestyle all at once; it can be overwhelming and counterproductive.

**\*Make a plan.** Building out your intentions and the changes you want to see can help you be consistent and hold yourself accountable.

**\*Re-frame your thinking.** A routine does not need to be about changing the whole way you live. It may be more about incorporating healthier habits into what you already do so that you can live a better life for yourself and those around you.

# AUGUST at the Harmony Center

## Peer Support Schedule

**Mondays-** 1:00pm- *Hybrid*  
6:00pm

**Tuesdays-** 1:00pm  
(6<sup>th</sup> & 20<sup>th</sup> -w/Williston Center)

**Fridays-** 1:00pm

## Recovery “Living Well” Schedule

**Tuesdays at 2:00pm-**  
Computer Ed Classes

**Wednesdays at 1:00pm-**  
7<sup>th</sup>- Intentional Peer Support Training\*  
14<sup>th</sup> - Voting with Angie from P&A  
21<sup>st</sup> - Harmony Center Anniversary  
28<sup>th</sup> - What is a Friend Discussion

**Thursdays all day-**  
What do you need help with day?

**Fridays at 1:30pm on 9<sup>th</sup> and 23<sup>rd</sup> -**  
Membership Meetings

## Social/Recreational Schedule

**Mondays at 11:00am-**  
Cards

**Tuesdays at 11am-**  
Games

**Wednesdays at 10:00am-**  
Fitness Time

**Thursdays at 9:00am-**  
Check on Garden

**Fridays at 2:00pm-**  
2<sup>nd</sup> - Games & Snacks  
9<sup>th</sup> - Bingo  
23<sup>rd</sup> - Bingo  
30<sup>th</sup>- Trip to Devils Lake\* (*Must sign-up*)

*(Please note that you can play cards/games or watch a video at anytime throughout the day, on any day, as long as it doesn't interrupt a scheduled activity.)*

## Special Events

2<sup>nd</sup> - 2:00pm Ice Cream Social  
15<sup>th</sup> & 16<sup>th</sup> - Center Closed...staff gone to Bismarck for meetings  
21<sup>st</sup> – Celebrating Harmony Center’s 36<sup>th</sup> Anniversary... Open House All Day!  
26<sup>th</sup> – Philly Cheese Steaks 5:00pm\* (*Must sign-up*)  
30<sup>th</sup> - Center Closed... gone to Devils Lake Center\* (*Must sign-up*)

# Community Stuff...

# AUGUST 2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1 Free <b>Thursdays Downtown...</b>  Main Street...  6:00pm	2 Free <b>Movies in the Park: Mission Impossible...</b>  Oak Park...  9:30pm	3 Costs Vary <b>Farmers Market...</b>  Oak Park...  9:00am
4 Free <b>Sundays in the Park...</b>  Oak Park...  4:00pm	5	6 Free <b>Vets for Vets Mtg...</b>  Vet Space...  5:30pm	7	8	9 Costs Vary <b>Legacy of Soul Food Truck...</b> Aspire Credit Union... 11:00am	10 Free <b>Watch a movie</b>
11 Free Visit the Minot Public Library...	12	13	14 Free <b>That's Craftastic: Succulents...</b> Minot Public Library... 6:00pm <i>(Must Sign Up)</i>	15	16 Free <b>Dock Dogs...</b>  Scheels Parking Lot...  <b>9:30am</b>	17
18	19	20 Free <b>Vets for Vets Mtg...</b>  Vet Space...  5:30pm	21	22 Free Call a friend	23 Free <b>Movies in the Park: Teenage Mutant Ninja Turtles...</b> Oak Park...  9:30pm	24
25 Costs Vary <b>8<sup>th</sup> Annual Food Truck Festival...</b>  Oak Park...  11:00am	26 Free Attend Peer Support Meeting at the Harmony Center ... 1:00pm & 6:00pm	27	28	29	30	31 Free Take a Walk in the Park

For more **AUGUST** activities  
in the community go to...  
[visitminot.org](http://visitminot.org)

### Soup Kitchens in Minot:

Monday- 11am-12:30pm-  
Tuesday- 11:30am-12:30pm-  
Wednesday- 11:30am-12:30pm-  
Wednesday- 5:30pm-6:30pm-  
Thursday- 5:30pm-6:30pm-  
Friday- 11:30am-12:30pm-  
Saturday- 9:30am-10:30am-  
Sunday- 11:0030am-12:30pm-

Faith United Methodist Church,  
Christ Lutheran Church  
Immanuel Baptist Church  
Cornerstone Presbyterian Church  
St Leo's Catholic Church  
1<sup>st</sup> Lutheran Church  
Congregational United Church of Christ  
7<sup>th</sup> Day Adventist Church

# AUGUST WORDFIND



AUGUSTRACTORSPORC  
 GNIMRAFLAFLAEREU  
 REGAERCANOLAARGGL  
 IINWIFODDERNSEAUT  
 CASHCROPTDERONNAI  
 USCREAPHIILPNNILV  
 LSILAGEBOCROAICSA  
 TOUMMBRUEIGTLABRT  
 UISDHAALSBNASLOEO  
 RLARURTBPRITIAUBR

FLOWCOMBINESTAARISREWOLFNUSS  
 LFFHASUGARBEETSEVRAHOEORTSK  
 ANAEBYRDMEEERSWNEOYRMSKIH  
 NFLAXEUSSLODTUHESEEDSMRAFEU  
 TWLTONDGRAPESMRLBARNSDCAULR  
 NCORNNOATSBARLEYEATS!EGALLIT  
 SOW!!HARROWSOYBEANSREDAERPS

AUGUST  
 FARMS  
 FARMING  
 CROPS  
 ALFALFA  
 WHEAT  
 DURUM  
 SUGAR-BEETS  
 SUNFLOWERS  
 DRY-BEAN  
 FLAX  
 HONEY  
 SOYBEANS  
 CANOLA  
 POTATOES  
 BARLEY  
 CORN  
 OATS  
 MUSTARD  
 GRAPES  
 AGRICULTURE  
 HARVEST  
 MOWING  
 TRACTORS  
 COMBINES  
 PLOW  
 HARROWS  
 SPREADERS  
 SEEDERS  
 BALER  
 SPRAYERS  
 CULTIVATORS  
 TRUCKS

SILOS      BARN      BUSHEL      CASH-CROP      COOPERATIVE  
 ORGANIC      SOIL      SILAGE      FALLOW      TILLAGE      ACREAGE      FODDER  
 HERBICIDE      AUGER      RURAL      BARREN      BOUNTIFUL      PERENNIAL  
 SEASONAL      SEEDS      BULBS      PLANT      SOW      REAP

(LEFTOVER LETTERS SPELL OUT HIDDEN MESSAGE)

# More information...

## Recovery Center's Across the State

<b>Region I- Williston</b>	The Club	701-774-4600 316 2nd Avenue West
<b>Region II- Minot</b>	Harmony Center	701-852-3263 720 Western Ave. Suite 201
<b>Region III- Devils Lake</b>	Freedom Center	701-662-8424 1124 2nd St. NE Suite 100
<b>Region IV- GrandForks</b>	Mountainbrooke	701-775-3748 112 North 3rd Street
<b>Region V- Fargo</b>	Hope In Recovery	701-373-2188 111 9 <sup>th</sup> St. South
<b>Region VI- Jamestown</b>	Progress Community Center	701-251-2964 428 2nd St. SW
<b>Region VII- Bismarck</b>	Dacotah Recovery Center	701-255-6402 522 West Arbor
<b>Region VIII- Dickinson</b>	Prairie Rose Center	701-227-0131 202 East Villard

**The Recovery Centers** are safe and supportive places where you can build healthy relationships with peers in recovery and gain skills and confidence to support your health and well-being... at no cost.

They offer:

- \*Weekly peer-to-peer support groups
- \*Group recreation and social events
- \*Connection to other community services
- \*Recovery Education and Planning
- \*Nutritious on-site meals or snacks
- \*Peer support services

For even more information visit: [helpishere.nd.gov/recovery-centers](http://helpishere.nd.gov/recovery-centers)

