

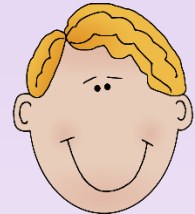
Community Connections

A key to good mental health...OPTIMISM! Being an optimist conveys you have a positive outlook to those around you. The optimist feels that everything will turn out well and expects the best in all things.

People who are optimistic enjoy life more—they are generally healthier, and heal faster when sick. An optimistic, hopeful attitude helps people deal with stress. It can help to keep people from getting depressed. It may even help people live longer. There are things you can do to help people learn about optimism:

Be an Optimist! Be a Good Role Model People learn from what you do and say.

- Speak respectfully to others. Pay attention. Make eye contact. Show interest.
- Use friendly body language, such as nodding or smiling.
- Do not judge, argue or put the person down.



Be an Optimist! Practice Positive “Self-Talk” Self-talk is what you say to yourself that no one else hears. It can be positive or negative. Positive self-talk, or self-affirmation, makes you feel good about yourself, such as:

- I can do it
- I am good at my job.
- My friends really like me.

Be an Optimist! Create Opportunities for Laughter It is true! Laughter IS the best medicine. Laughter is good for both physical and mental health. Laughter lowers stress, reduces pain, and makes us feel more optimistic and positive about our lives.

- Share a good joke or funny story.
- Be playful and silly.
- Do things that are fun!



Be an Optimist! Support and Recognize Accomplishments Celebrate accomplishments regularly. Celebrate small things - like taking a ten-minute walk - and big things - like getting a job. Share a snack, eat a special meal, enjoy a cup of coffee...go somewhere fun!



Rummage Sale

*Friday, May 19th
from 8 am to 4 pm*

At 2930 NE Stephens St., Roseburg, OR

If you would like to volunteer to help, please contact Donna at 541.672.9140

Southern Oregon Regional Brokerage
2930 NE Stephens Street
Roseburg, OR 97470
541.672.9140

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RETURN SERVICE REQUESTED

Join us for Open People once a month
Contact your PA for location & time



Klamath Falls meets the 3rd Friday of the month

Coos meets the 2nd Thursday of the month

Douglas meets the 4th Tuesday of the month



Birthdays

<i>Alyce D.</i>	<i>Matthew B.</i>	<i>David H.</i>	<i>Seth N.</i>	<i>Darin M.</i>
<i>Jordan A.</i>	<i>Nathan S.</i>	<i>Ian R.</i>	<i>Tracy T.</i>	<i>Regina R.</i>
<i>Breanna M.</i>	<i>Michael B.</i>	<i>Jina H.</i>	<i>Margarette N.</i>	<i>David S.</i>
<i>Destiny B.</i>	<i>Joseph H.</i>	<i>Kaitlyn C.</i>	<i>Colton W.</i>	<i>Chelsea S.</i>
<i>Victoria B.</i>	<i>Daniel M.</i>	<i>Eric B.</i>	<i>Verden H.</i>	<i>Christian C.</i>
<i>Cora C.</i>	<i>Dustin M.</i>	<i>Robert G.</i>	<i>Justin M.</i>	<i>Devin M.</i>
<i>Timothy W.</i>	<i>Scott C.</i>	<i>Keith D.</i>	<i>Bradi D.</i>	<i>Kelley C.</i>
<i>Maudie E.</i>	<i>Jason S.</i>	<i>Evan H.</i>	<i>Brandon B.</i>	<i>David G.</i>
<i>Tyler D.</i>	<i>Samantha A.</i>	<i>Stephanie M.</i>	<i>Kristin H.</i>	<i>Kirk C.</i>
<i>Casey S.</i>	<i>Kellie H.</i>	<i>Joaquin M.</i>	<i>Nichole B.</i>	<i>Rachel D.</i>
<i>Aaron A.</i>	<i>Victoria W.</i>	<i>Sterling A.</i>	<i>Jesse D.</i>	<i>Kimberly S.</i>
<i>Kerrie M.</i>	<i>Megan G.</i>	<i>Justin H.</i>	<i>Vincent A.</i>	<i>Darla H.</i>
<i>Michael D.</i>	<i>Terrance P.</i>	<i>Frederick W.</i>	<i>April S.</i>	<i>Cynthia N.</i>