

World Mental Health Day

October 10th, 2024

10 Tips For Mental Health And Wellbeing

1. Put yourself and your needs higher on your agenda.
2. Look out for signs that friends, family and colleagues need support.
3. Put inhibitions aside and speak out when issues arise.
4. Find your passion and do more of what makes you happy.
5. Get enough rest; address underlying causes of lack of rest.
6. Seek healthier food that you love. Eat more of it.
7. Find exercise that you find fun. Do more of it.
8. Make connections with likeminded people. Be brave and take the first step.
9. Spend time in nature and undertake other mindful practices.
10. Develop a positive mindset, go with the flow and have an attitude of gratitude.



Get Outside

Research shows that being in nature can increase energy levels, reduce depression and boost well-being.

Turn Off Electronics

Set aside time to unplug from your devices. Overuse can lead to anxiety, depression, and social isolation.

Stay Active

Exercise raises feel-good chemicals in the brain and improves sleep quality.

Keep A Journal

Taking time to reflect allows us to acknowledge and work through our emotions.

Connect With Others

Spending time with friends and family has been shown to decrease stress.

988 SUICIDE & CRISIS
LIFELINE

No matter where you live in the U.S.,
you can easily access 24/7 emotional support.

Call or text 988 or visit 988lifeline.org/chat to
chat with a caring counselor.

We're here for you.



Local Happenings....

Lakeville Farmers Market

Wednesdays 12 pm - 5 pm (Until October 30)
20965 Holyoke Ave
Lakeville, MN 55044



Haunted Forest Festival - 10/26/2024 5:30 PM - 8 PM

Cost: \$4/person or \$15/family

Steve Michaud Park

17100 Ipava Ave.

Lakeville, MN 55044

Family fun for all! Trick-or-Treat Maze for the little ones, the Spooktacular Haunted Forest for 3rd graders on up, and the Spooky Not Scary Magic Show for all ages. There will also be Halloween hayrides, RC Car racing, and Food Trucks.



Applewood Orchard

22702 Hamburg Ave.

Lakeville, MN 55044

A one stop shop for all of the fall fun! They have pumpkins, apples, and a large corn maze to enjoy.



Fare for All - Wednesday, 10/23/2024 - 3 PM - 5 PM

Diamondhead Education Center (door 11)

200 W. Burnsville Parkway

Burnsville, MN 55337



- | | |
|----------------|----------------|
| 01 - Dennis | 15 - Cynthia |
| 01 - Bloteh | 15 - Autumn |
| 02 - Sherry | 15 - Anna |
| 03 - Brittney | 16 - Han |
| 05 - Ro | 18 - Preston |
| 06 - Kelly | 18 - Rafah |
| 07 - Angela | 18 - Parvinder |
| 07 - Cynthia | 19 - Desiree |
| 07 - Shaelynn | 19 - Marissa |
| 08 - Alexandar | 19 - Sheila |
| 09 - Kevin | 20 - Lieu |
| 09 - Sokheang | 20 - Ajbun |
| 10 - Cameron | 20 - Roscco |
| 10 - Xuyen | 20 - Anisa |
| 10 - Son | 24 - Deborah |
| 12 - Mary | 25 - Mei |
| 13 - Mary | 26 - Zumra |
| 13 - Jeanette | 28 - Anne |
| 14 - Brianna | 28 - Mitchel |

HALLOWEEN WORD SEARCH

- Halloween
- October
- Spooky
- Scary
- Ghost
- Vampire
- Werewolf
- Witch
- Zombie
- Skeleton
- Monster
- Black
- Orange
- Candy
- Trick or Treat
- Haunted House
- Jack O' Lantern
- Boo
- Spider
- Bats



Y W I T C H D Y R A C S J W K
W J A C K O L A N T E R N C D
L H E G G H O S T H S K A R E
N R E T S N O M A P K L O E I
O O S U E D R L I R B J P B B
T O U V M R L D P S E Z V O M
E B O Z V O E G B G H C A T O
L A H L W R I E N A W F M C Z
E T D E Y A R A Y E Y J P O S
K S E T A E R T R O K C I R T
S N T K K O Q E Y I O T R J O
I Y N X L U W D P X O Z E O Q
K M U E S O N T I N P S K F B
M N A U L A L V C M S X K C P
J E H F C T F J K T G B N N B

TOP 10 MOST POPULAR HALLOWEEN CANDY



1. REESE'S PEANUT BUTTER CUPS
2. PEANUT M&M'S
3. M&M'S
4. TOOTSIE POPS
5. TWIZZLERS
6. HERSHEY'S MILK CHOCOLATE
7. SOUR PATCH KIDS
8. CANDY CORN
9. KITKAT
10. STARBURST

SUPERIOR HOME CARE



ACCREDITED BUSINESS



10597 165th Street West, Lakeville, MN 55044
Phone: 952-898-4911 Fax: 952-898-3088
Email: info@superiorhomecare.org
www.facebook.com/superiorhomecareinlakevillemn/