

OCTOBER 2024

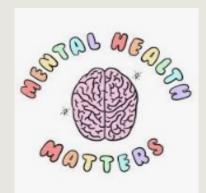
NEWSLETTER

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 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 Holvoke Ave Lakeville, MN 55044



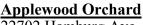
Haunted Forest Festival - 10/26/2024 5:30 PM - 8 PM

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

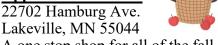
Steve Michaud Park 17100 Ipava Ave.

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.



Lakeville, MN 55044



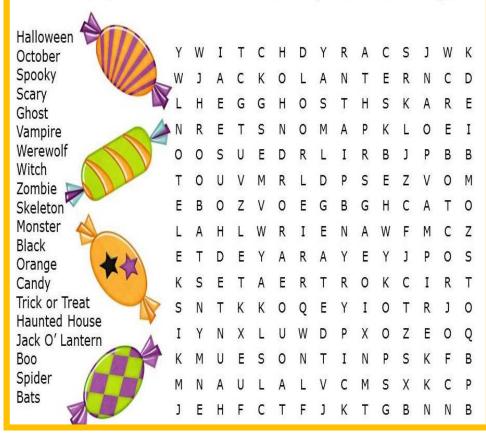
A one stop shop for all of the fall fun! They have pumpkins, apples, and a large corn maze to enjoy.

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

Diamondhead Education Center (door 11) 200 W. Burnsville Parkway Burnsville, MN 55337



HALLOWEEN WORD SEARCH





15 - Cynthia 01 - Dennis 01 - Bloteh 15 - Autumn 02 - Sherry 15 - Anna 03 - Brittney 16 - Han 05 - Ro 18 - Preston 06 - Kellv 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 - Aibun 10 - Cameron 20 - Rossco 10 - Xuyen 20 - Anisa 10 - Son 24 - Deborah 12 - Mary 25 - Mei 26 - Zumra 13 - Mary 28 - Anne 13 - Jeanette 14 - Brianna 28 - Mitchel

TOP 10 MOST POPULAR HALLOWEEN CANDY



- **REESE'S PEANUT BUTTER CUPS**
- **PEANUT M&M'S**
- 3. M&M'S
- 4. TOOTSIE POPS
- **TWIZZLERS**
- HERSHEY'S MILK CHOCOLATE
- **SOUR PATCH KIDS**
- CANDY CORN
- KITKAT
- 10. STARBURST

SVPERSOR HOME CARE





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