



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BREATHE IN THE AUTUMN AIR AT THE BHYMCA



September & October Bi-Monthly Newsletter BOONSLICK HEARTLAND YMCA

Adult Tennis Group

This September, join us every Saturday morning at 8:00 AM for pick-up tennis games with Kyle Rehagen and rekindle your love for the sport: if it ever waned to begin with, that is!
Best part? The program is completely **FREE** for both Members and Non-Members, and requires no registration: just show up and show off!

When: September 8th - October 13th, 8:00 AM
Where: Boonville High School Tennis Courts
B.Y.O.R.: Bring Your Own Racquet

YMCA will provide Tennis balls.

For more information contact our Healthy Living Director, Vanessa Dorman, at vanessad@bhyanca.org.

Pedaling for Polio

Join us on this bike ride from Boonville to Rocheport and join the Boonville Rotary Club in the fight against polio. Register online at itsyourrace.com or turn in paper registration at the BHYMCA.

Scheduling	Fees
October 6th at 8:30 AM.	\$20

Help is Here

In keeping with September and October's missions of mental health awareness, we'd like to take a moment to talk about the counseling services provided by Joni Naumann. Hosted here at the BHYMCA, Mrs. Naumann offers both individual and family counseling services.

Payments and Scheduling	Fees
Payments can be made at the Welcome Desk, with convenient online appointment scheduling.	\$20 per hour \$100 for 6 sessions

Special Dates To Remember

- September National Suicide Prevention Month**
In order to create awareness and strengthen the fight against suicide, the entire month of Sep. is Suicide Prevention Month.
- Sep. 22nd Autumnal Equinox**
The first official day of Fall!
- October Emotional Wellness Month**
To raise awareness about the importance of mental well-being. Take a break. Slow down. Breathe.
- Oct. 10th World Mental Health Day**
Held every year to highlight global mental health education, awareness and advocacy against the social stigma of mental health illnesses.

The BHYMCA will be closed September 3rd in observance of Labor Day.

A Spooky Time at the YMCA

We will once again be hosting activities in celebration of Halloween here at the BHYMCA. No details are available as yet, as we're still in the planning stages, so keep on eye on our website and official Facebook page so you don't miss out once details are posted.

Stay tuned for information about the following BHYMCA programs and events

- January Because I Said I Would**
Join us in January for our 2019 New Year's Fitness Challenge.

For more counseling and mental health resources, view the back of this newsletter.



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Below are some free resources available to help those struggling with their mental health

1. ACT Coach (Free App; iOS)

ACT Coach teaches users how to tolerate negative thoughts and feelings by virtually guiding them through awareness exercises and giving tips on how to ditch self-doubt. With an extra focus on mindfulness, this app also provides a log to track your progress.

2. Breathe2Relax (Free App; iOS & Android)

Sometimes, all we need to de-stress is take a few deep breaths. Created by the National Center for Telehealth and Technology, this app teaches users how to do diaphragmatic breathing. Features include educational videos on the stress response, logs to record stress levels, and customizable guided breathing sessions.

3. Depression CBT Self-Help Guide (Free App; Android)

Need help managing the blues? Monitor dips in your mood, learn about clinical depression and treatments, try guided relaxation techniques, and learn strategies to challenge negative thinking with this app.

4. MindShift (Free App; iOS & Android)

This straightforward stress management tool helps users re-think what's stressing them out through a variety of on-screen prompts. At the same time, the app encourages new ways to take charge of anxiety and tune into body signals.

5. Operation Reach Out (Free App; iOS & Android)

This mood tracker and resource locator was designed by Emory University researchers to aid in suicide prevention. The setup is simple: Users create a personal profile that includes emergency contact information, current medications, safety plans, and reminders for appointments or medications. Plus the app uses GPS to locate mental health care services nearby, should any user enter crisis mode.

6. PTSD Coach (Free App; iOS & Android)

If you suffer from PTSD symptoms, this 24-hour tool that's linked directly with support services is a valuable thing to download. Available as an app or on the Web, PTSD Coach lets users select the specific issue they want to deal with (from anxiety and anger to insomnia and alienation), and then gives them guidance on how to lift their mood, shift their mindset, and reduce stress.

There are few things as important as our mental well-being, and mental health illnesses and other issues are a very serious detriment to that well-being. There are numerous resources available online to help those dealing with mental health issues, as well as for their loved ones who may be unsure of how to interact with or help their family member or loved one. Please do not hesitate or be embarrassed to reach out for help with these issues: if you or a loved one deal with mental health issues go online, find someone who can help, and make a call or send an e-mail today.