

# Blue Sky Behavioral Blue Sky News

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## Inside this issue

October News.....	1
Mother Nature Farms....	2
Gardening.....	3
Dia De Los Muertos.....	4
State Fair.....	5
Halloween.....	6
Groups.....	7

## October News

October has been full of Fall Celebrations from planting our fall garden, to visiting the pumpkin patch. We have been celebrating Halloween and Día de Los Muertos as well. To top it all off the State Fair was this month which has become an annual tradition. So much fun and excitement along with our regular scheduled activities.

In our garden we planted more herbs, carrots, cauliflower, cabbage, spinach to name a few. We have also been watching our citrus get ready to ripen. The residents have been really enjoying watching everything grow outside especially since the weather has been so nice. Many of our groups have even been outside and you can read more about our group topics on the last page. Enjoy!





# Mother Nature Farms





# Gardening





# Día De Los Muertos





# State Fair





# Halloween







# Groups

This month the weather has been so great many groups have been able to be done outside. We have been working on mindfulness and taken the opportunity to listen to relaxing music outside and soak up the wonderful weather and go for walks. We have had groups reviewing positive affirmations and journaling. We have also done a group on our maintenance plan and how to recharge our spirit, heart, mind and body.

We have had many learning activities on fun topics of interest, such as the history of cars, The Beatles, and Rock and Roll. We have also learned of the Pyramids, Spain, Roman Coliseum this month. With Halloween we learned about history of Halloween with activities and activities. We also learned about the Mexican holiday “Dia de los Muertos,” and went to the annual Day of the Dead event in Mesa.



## MY MAINTENANCE PLAN

Just like our technology needs to be recharged, we must also think about a maintenance and care plan for our body, heart, mind & spirit.

Think about how each maintenance plan might look like for you. Write your answers and keep as a reminder to care for yourself.

How I recharge my spirit:	Think of your spirit (or soul) as the part of you that connects you with everything else. What guides you and gives you purpose
How I recharge my heart:	Think of your heart as the part of you that helps you feel & connect with others. This is the control center of your emotions
How I recharge my mind:	Think of your mind as the place from which your intelligence and ideas can grow. It is where you learn from & observe life
How I recharge my body:	Think of your body as the extension of yourself that helps you to experience and appreciate life. It is your transportation and vessel

