

Welcome to Wellness!

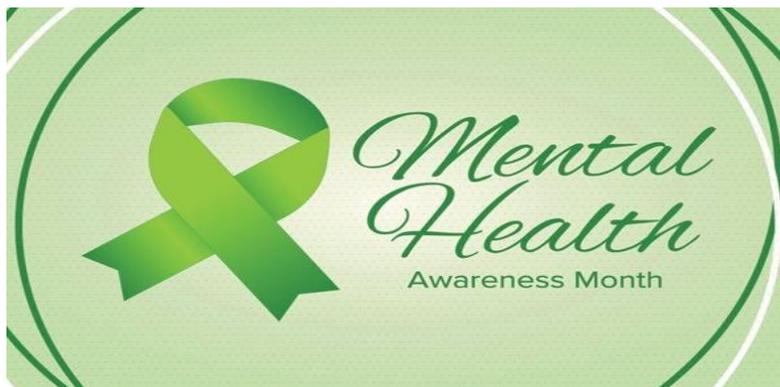
May

May is Mental Health Month

Mental Health Awareness month originated in 1949 to help to support communities and reduce stigma by bringing awareness as well as promoting wellness for those living with mental health disorders. Here are a few ways you can celebrate:

1. **Start a conversation.**
2. **Prioritize your mental health.**
3. **Donate or volunteer.**
4. **Share information.**
5. **Let someone know that they're not alone.**

You can find more information on this topic by visiting www.newmethodwellness.com.



Lunch Bunch

Shrimp Bowl

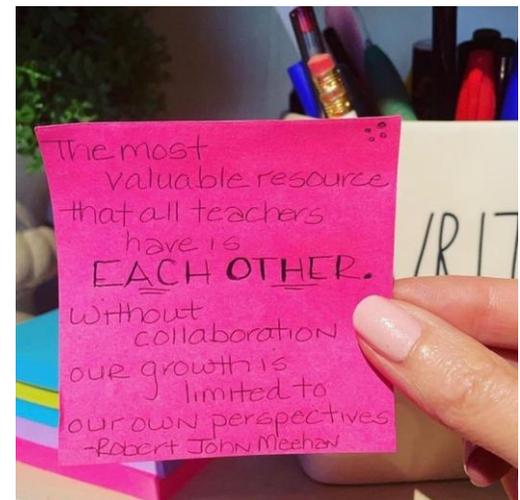
Ingredients

- 1 avocado, sliced
- 2 cups chopped romaine lettuce
- ½ cup tomato diced
- ¼ cup onion
- ½ cup uncooked quinoa
- ½ lb shrimp
- 1 tbsp olive oil
- 1 tsp paprika
- ¼ tsp each: salt, thyme, oregano, pepper, cayenne pepper
- Lime for dressing

Prepare quinoa. In a medium bowl, combine shrimp, oil, and spices. Cook the shrimp in a large pan for 2 minutes per side. Place greens in a bowl and top with half the quinoa, shrimp, avocado, tomato, and onion. Drizzle with lime.

Journey of Life

Do not determine your worth by comparing yourself with others,
It is because we are different that each of us is special.
Do not set your goals by what other people deem important.
Only you know what is best for you.
Do not take for granted the things closest to your heart.
Cling to them as you would your life, for without them, life is meaningless.
Do not let your life slip through your fingers,
By living in the past nor for the future.
By living your life one day at a time,
You live all the days of your life.
Do not give up when you still have something to give.
Nothing is really over until the moment you stop trying.
It is a fragile thread that binds us to each other.
Do not be afraid to encounter risks.
It is by taking chances that we learn how to be brave.
Do not shut out of your life by saying it is impossible to find.
The quickest way to receive love is to give love;
The fastest way to lose love is to hold it too tightly.
In addition, the best way to keep love is to give it wings.
Do not dismiss your dreams.
To be without dreams is to be without hope;
To be without hope is to be without purpose.
Do not run through life so fast that you forget not only where you have been,
But also, where you are going.
Life is not a race, but a journey to be savored each step of the way.
-Author Unknown



The Five W's Of Life

Who you are is what makes you special. Do not change for anyone.

What lies ahead will always be a mystery. Do not be afraid to explore.

When life pushes you over, you push back harder.

Where there are choices to make, make the one you won't regret.

Why things happen will never be certain. Take it in stride and move forward.