



Important Phone Numbers

National Alliance on Mental Illness Help Line

1-800-950-6264 <https://www.nami.org/help>

Suicide Prevention Lifeline 800.273.TALK

Veteran's Crisis Line 800.273.8255 press 1

Pastoral Care—Pastor Jim Alexander 623.792.5295

October Is Positive Attitude Month

"A positive attitude is a mindset that helps you see and recognize opportunities."

A **Positive Attitude** by definition is a state of mind that envisions and *expects* favorable results. Positive thinking doesn't mean that you keep your head in the sand and ignore life's less pleasant situations. Rather, it means you face life, together with its problems, in a positive and productive manner.

Did you know that having a positive attitude can actually be contagious?

Ways you can exercise a positive attitude this month...

- CHOOSE TO BE OPTIMISTIC, IT FEELS BETTER.
- MOTIVATE YOURSELF TO HAVE A POSITIVE ATTITUDE.
- NEGATIVITY IS EASY TO LET INTO YOUR LIFE IF YOU DON'T WATCH IT.
 - ♦ Take control over what you can, and stop worrying about what you can't.
"Worry is like a rocking chair, a lot of work but gets you nowhere."
 - ♦ Have an attitude of positive expectancy. Are you a cup half full or a cup half empty kind of person? By all means, be the cup half full. Another way to say that is make lemonade out of lemons.
 - ♦ Try to read or listen to positive information. Don't enter into negative conversations about others. Rather allow yourself to remain neutral or else not engage in those conversations at all.
 - ♦ Our Words are important. What we say to others makes a world of difference. There is energy in your words, both positive and negative. Why not choose positive. The more you do, the more it is reinforced and pretty soon, it will not only become a habit, but will be something you will be known for.
- ♦ Sharing positive things in your life with others will be beneficial to you and them. Don't forget to ask about someone else and encourage them in their plans and goals. This is a great way to start a positive relationship with someone.



OPTIMIST:
SOMEONE WHO FIGURES THAT
TAKING A STEP BACKWARDS AFTER TAKING
A STEP FORWARD IS NOT DISASTER,
IT'S MORE LIKE A CHA-CHA"

Article by Missy Donaghy

MOTIVATING OTHERS WITH A POSITIVE WORD

What does that mean? Well, you could say the following to someone:

- Tell someone you love them
- Tell someone they make you smile
- Tell someone you are thinking of them
- Tell someone you have faith in them
- Tell someone they are not alone. You will be with them!

POSITIVE ATTITUDE AND YOUR HEALTH

Okay, so you must have seen this one coming: A positive attitude can actually be healthy for you. How so?

- Stress management
- Increased lifespan
- Greater resistance to the common cold
- Better cardiovascular health
- Better psychological well-being

"WHEN IT RAINS, LOOK FOR RAINBOWS WHEN IT'S DARK, LOOK FOR STARS!"

Additional Crisis and Help Lines within the state and Maricopa County

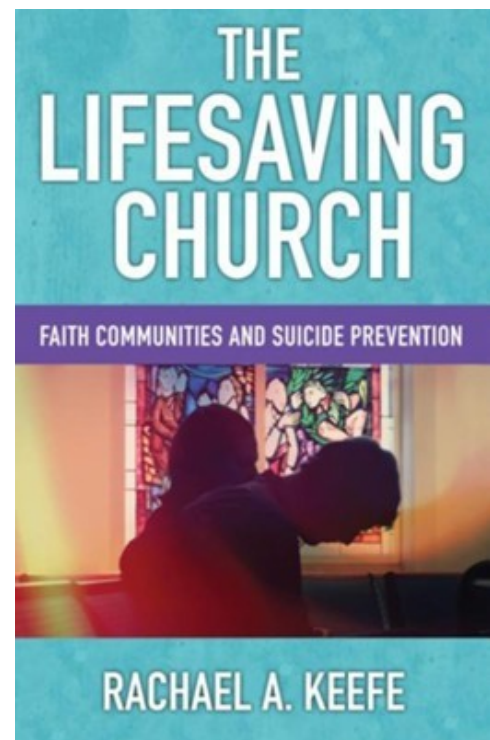
Solari Crisis & Human Services	800.631.1314
La Fontera Empact Suicide Prevention	480.784.1500
Teen Lifeline	602.248.8336
The Trevor Project Lifeline	866.488.7386
LGBTQ+ Youth	Text 678.678
National Suicide Prevention (Spanish)	888.628.9454

Make sure to save the dates!!

Tuesday, November 9th 10:00-11:30

Tuesday, November 16th 10:00-11:30

Kay Klinkenborg, Phil Ladd and Cynthia Morgan will lead in discussion regarding the ways in which we can be a Lifesaving Faith Community for those who are struggling with suicidal ideation, family members and individuals who have lost someone as a result of suicide. You may find this book helpful as you think about the ways in which you can be a lifesaver. You don't have to have read the book to attend these discussions.



About The Author:

Rachael A. Keefe is the pastor of Living Table United Church of Christ in the Twin Cities and a former pastoral counselor and clinical chaplain. Since being ordained by the UCC in 1992, Keefe has served in many different ministry settings both traditional and decidedly nontraditional, in Pennsylvania, Massachusetts, New Hampshire, and Minnesota.