Mental Health:
So, what exactly does it mean to be mentally healthy? We all have an idea of what mental illness looks like, but what about mental wellness?

People with a positive mental health mindset tend to embrace most or all of the following traits:

- **A Positive Mental Attitude.** No this doesn’t mean the person is naive or has a constant smile plastered on their face, rather it means they are curious, open and interested in new thoughts, ideas and activities. In essence they are grateful to be alive and embrace what life has to offer.

- **A Realistic Attitude.** People with a realistic attitude aren’t either optimists or pessimists, but they have the ability to see the world as it is. Many people try to alter life or see reality through their own “lens”. A realistic attitude leads to people viewing the world as it truly is.

- **Freedom From Self-Pity.** Many people feel they are entitled to a better life a brighter life, rather than creating that life they tend to view their life as “getting the raw deal”. Asking “why me” and feeling sorry for your life or your situation steals your own power and belief in the fact that you have the ability to change your life at any time.

- **An Openness To Love.** People who have the ability to love unconditionally and freely are mentally healthy. Many people only give love with conditions or use relationships for their personal gain.

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10 commandments of mental health

1. Think positively; it's easier
2. Cherish the ones you love
3. Continue learning as long as you live
4. Learn from your mistakes
5. Exercise daily; it enhances you well-being
6. Do not complicate your life unnecessarily
7. Try to understand and encourage those around you
8. Do not give up: success in life is a marathon
9. Discover and nurture your talents
10. Set goals for yourself and pursue your dreams

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We aspire to reduce claims and have healthier staff through education. We are here to support and provide information that empowers them- Converse County Wellness Committee.
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Have you Registered for the “Just Try” May Challenge? Find a partner and get signed up today!

Wellness Drawing Winners!!!

*Ira Kinneberg
*Pam McCullough
*Russ Dalgarn
*Patti Cobb

Thank you for participating in our monthly drawing! You have the choice of an extra wellness benefit for the month of May, including infrared sauna sessions or a Healing Waters session!

Email Crimson Miller to Enter!

Wellness Committee

* Kim Hiser Department: Treasurer’s Office
  Contact: kim.hiser@conversecountywy.gov
* Tiffany Martin Department: Treasurer’s Office
  Contact: tiffany.martin@conversecountywy.gov
* Dixie Huxtable Department: Assessor’s Office
  Contact: (307) 358-2741
* Mary Schell Department: Emergency Management
  Contact: mary.schell@conversecountywy.gov
* Crimson Miller Department: Road & Bridge
  Contact: crimson.miller@conversecountywy.gov
* Shea Lehnen Peak Fitness
  Contact: shealehnen@yahoo.com

Infrared Sauna’s have been added to YOUR monthly benefit! $50 toward your Sauna use can be used at the following locations:

*Douglas Day Spa
*Joyful Living Massage & Wellness
*Peak Fitness
Providers for the Converse County Wellness Benefit

Fitness Centers

The Body Shop
113S. 2nd Street
Douglas, WY 82633
(307) 358-8325

Peak Fitness/2nd Street Yoga
1185 Yuma Drive
Douglas, WY 82633
(307) 358-9888

Massage Providers

Douglas Day Spa
221 E. Walnut Street
Douglas, WY 82633
(307) 358-5244

Michele’s Massage Therapy
100 N. 2nd Street
Douglas, WY 82633
(307) 351-0132

Inner Strength Therapy
501 E. Richards Street
Douglas, WY 82633
(307) 358-4663

Pure Rain
123 S. 2nd Street
Douglas, WY 82633
(307) 358-2500

Joyful Living Massage & Wellness
209 W. Center Street
Douglas, WY 82633
(307) 298-9891

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