

## January is International Quality of Life Month!

International Quality of Life Month was founded to celebrate the importance of a healthy meaningful life. With it being celebrated in January, its goal is to motivate people to take charge of their lives, develop a sense of purpose, and improve happiness and satisfaction by examining their current lifestyles and improving their physical, mental, emotional, and social wellbeing.

## Mental Health Crisis Lines:

- National Suicide & Crisis Lifeline: **Call or Text 988**, or call 1-800-273-TALK (8255)
- SAMHSA National Helpline: 1-800-662-4357
- National Mental Health Hotline: 1-866-903-3787
- The Trevor Project: Call 1-866-488-7386, Text 'START' to 678678
- NAMI Helpline for Peer Support for Teens & Adults: 1-800-950-6264
- National Sexual Assault Hotline: 1-800-656-4673

## Free Social/ Support Groups:

- **NAMI Virtual Recovery Mental Health Support Group** – Meets via Zoom each Tuesday from 6-7:30pm (For details, email [namibrevard@gmail.com](mailto:namibrevard@gmail.com))
- **DBSA Online Support Groups** – Meets daily via Zoom (visit [dbsalliance.org/support](http://dbsalliance.org/support))
- **Good Company Gatherings** – A free gathering to meet new friends and support each other – Meets on the 3<sup>rd</sup> Wednesday of each month from 6:30-8pm at the Moon River Café in Melbourne, FL.

## WHAT'S HAPPENING IN JANUARY?

- **All Month Long** – Free Puzzle Swap at Satellite Beach Public Library from 9a-5p.
- **Jan 2<sup>nd</sup>** – First Friday Flix at Field of Dreams Park in West Melbourne at 6:30p. Showing Lilo & Stitch! Free popcorn. Every 1<sup>st</sup> Friday!
- **Jan 3<sup>rd</sup>** – Tabletop Saturday at the Merritt Island Public Library with tabletop games, puzzles, brick building, and crafts from 2-4p. All ages welcome!
- **Jan 4<sup>th</sup>** – Full Moon Drum Circle Bonfire at the beach closest to James Nance Park from 6-10p.
- **Jan 4<sup>th</sup>** – Ranger-Led Tour of Turkey Creek; Free tour of the Turkey Creek Sanctuary from 10-11a. Every 1<sup>st</sup> & 3<sup>rd</sup> Sunday (excluding holidays)!
- **Jan 4<sup>th</sup>** – New Years' Car Show at Tide & Tonic from 2-5p.
- **Jan 7<sup>th</sup>** – Writing Club at Moonstruck Market from 5-7p. All writers of any level/genre welcome!
- **Jan 7<sup>th</sup>** – Intro to Dungeons & Dragons group; Meets at the Palm Bay Public Library on Port Malabar Blvd at 5pm & 6pm. Ages 10+. Every Wednesday!
- **Jan 8<sup>th</sup>** – Melbourne Library Comic Club for adults from 2-3:30p!
- **Jan 9<sup>th</sup>** – Free Tai Chi class for all ages in Ryckman Park from 9:30-11:15am. Every Friday!
- **Jan 9<sup>th</sup>** – Feel & Heal Meeting of Adult Children of Alcoholics and Dysfunctional Families at Dr. Martin Luther King Library in Melbourne from 10a-12p. Learn to honor and nurture yourself and others. Free support group. All are welcome! Every Friday!
- **Jan 10<sup>th</sup>** – Indoor Rummage Sale at the Eau Gallie Civic Center from 8a-1p.
- **Jan 10<sup>th</sup>** – Speedy Saturday Walking Book Club at the Satellite Beach Public Library from 10-11:30a. First half discusses "Sandwich" by Catherine Newman, then walks nearby paths.
- **Jan 10<sup>th</sup> & 11<sup>th</sup>** – Community Garage Sale & Kids' Business Market at Manchester Lakes in West Melbourne from 8a-1p.
- **Jan 10<sup>th</sup>, 11<sup>th</sup>, 17<sup>th</sup>, and 18<sup>th</sup>** – Space Coast Renaissance Fair at Space Coast Daily Park in Viera. Performers, vendors, food, and family-friendly entertainment. TICKETS REQUIRED!
- **Jan 11<sup>th</sup>** – Yoga In Nature – Free traditional yoga class for all levels at the Enchanted Forest Sanctuary in Titusville from 9:30-10:30a. Bring mat and water. Every Sunday!
- **Jan 12<sup>th</sup>** – Family Movie Night at Port St John Public Library from 4-6p.
- **Jan 12<sup>th</sup>** – Family Time Sign Language at the Eau Gallie Public Library at 6p. Learn how to sign common words and spell using American Sign Language (ASL)!
- **Jan 13<sup>th</sup>** – Blind Date Book Exchange at Moonstruck Market from 5:30-7p. Wrap your book in advance, write clues about the type of book on the wrapping, and then swap with others!
- **Jan 14<sup>th</sup> & 15<sup>th</sup>** – Melbourne Municipal Band presents free concert: 'Jazz, Lies, & Alibis' at the Melbourne Auditorium from 7-9p. Music smooth enough to fool a polygraph!
- **Jan 15<sup>th</sup>** – Cook the Book Club at Mims/Scottsmeer Library at 6:30p. Make a recipe to share from this month's cookbook, 'Whole in One' by Ellie Krieger. Every 3<sup>rd</sup> Thursday!
- **Jan 17<sup>th</sup>** – Free Car Show at Calvary Chapel on Minton Rd from 8a-12p! Every 3<sup>rd</sup> Saturday!
- **Jan 17<sup>th</sup>** – Key Lime Pie Festival at Brevard Veterans Memorial Park in Merritt Island from 10a-6p.
- **Jan 17<sup>th</sup> & 18<sup>th</sup>** – 45<sup>th</sup> Annual Space Coast Seashell Festival at Wickham Park Community Center from 9:30a-4p. Free admission! Vendors, art exhibits, raffles, kids' corner, & more!
- **Jan 17<sup>th</sup> & 18<sup>th</sup>** – Melbourne Winter Arts & Crafts Expo at Wickham Park from 10a-5p.
- **Jan 17<sup>th</sup> & 18<sup>th</sup>** – Sebastian Fine Art & Music Festival at Riverview Park from 10a-5p.
- **Jan 23<sup>rd</sup>** – Breathing Exercise Class & Drum Circle; Free group to lower stress, increase focus, improve balance, and find your rhythm at the Cocoa Beach Public Library from 11a-12p.
- **Jan 23<sup>rd</sup>** – 4<sup>th</sup> Friday Story Nights vendor and food truck market from 4-8p at the Max K Rodes Community Center in West Melbourne. Every 4<sup>th</sup> Friday!
- **Jan 24<sup>th</sup>** – Free Touch a Truck event at the Melbourne Auditorium from 9a-12p. Explore big rigs, emergency vehicles, construction trucks, and more!
- **Jan 24<sup>th</sup>** – Beginner's Crochet Group at Foundation 451 from 12:30-2:30p.
- **Jan 28<sup>th</sup> & 29<sup>th</sup>** – Melbourne Community Orchestra Free Concert Series: 'The Beatles: A Symphonic Mystery Tour' at the Melbourne Auditorium from 7-9p. All ages welcome!
- **Jan 29<sup>th</sup>** – Open Mic Night at Moonstruck Market from 5-7p for poetry, music, comedy, and more! 16+, sign-ups in person. Every last Thursday!

**Check for other local events through city or local library event calendars, or social media!**



### January Mental Health Book Recommendation:

"Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones"

~ by James Clear

### January Journaling Prompt:

What were your favorite memories or proudest accomplishments from this past year? Which habits have served you well, and which do you want to change? How do you feel about your physical, mental, and emotional health right now? What brings you the most joy right now, and how can you do more of that in the coming year? What are your top 3 priorities for the new year? What do you want to leave behind? What small daily actions can help to better align with your goals and priorities? What does your ideal self look like after one year, and how can you start living that way now?

### January Monthly

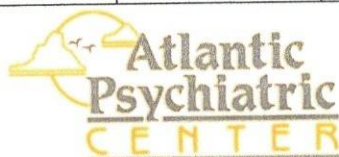
### Self-Help Tool:

The Happify app is a free science-based tool that utilizes mindfulness and positive psychology techniques to help reduce stress, conquer negative thoughts, build confidence, and improve overall emotional wellbeing through games, quizzes, activities, journaling, and various guided exercises.

*(Premium features available for a fee)*

## **JANUARY SELF-IMPROVEMENT CHALLENGE**

				Write 3 small goals that you can complete this month	Identify some positive affirmations that you can use for the month	Spend some time outside today and get some fresh air
Write a list of 5 things you are grateful for and why	Create a plan for 3 small areas that you can declutter this month	Track your daily step count today. Are you getting enough movement?	Be mindful of your water intake today to make sure you are hydrated	Shuffle your playlists and listen to a new song or artist today	Use your imagination – What shapes do you see in the clouds?	Spend some time with people you enjoy being around today
Go to bed 1 hour earlier tonight to get some extra rest	Start your morning with 5-10 minutes of stretching today	Be mindful of your money. Can you go a whole day without spending?	Take 5 minutes today to slow down and breathe	Skip any fast food today and focus on healthy and nutritional eating habits	Practice drawing something today	Spend some time engaging in something creative today
Take time to create a meal plan for this week	Take a moment to admire the sunrise and the sunset today	Be mindful of your caffeine intake today	Disconnect from technology for 1 hour today	Learn a new silly joke and share it with someone	Sort through your closet and clothing	Spend some time reading today
Make today about you and indulge in some of your favorite things	Call or message someone important to you today	Give someone a compliment today	Use some aromatherapy today – candles, oil, incense, whatever you prefer!	Listen to an inspirational speck or podcast	Go for a walk or bike ride today	Spend some time engaging in your favorite hobbies



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