Autumn 2025 Newsletter

NAMI Beaver County

www.namibeavercounty.org

NAMI Halloween Party

The only thing we have to fear is fear itself... and the NAMI Halloween Party!

On Thursday, October 16th, NAMI Beaver County will host a Halloween-themed party at our office (1229 Third St, Beaver). We'll have snacks and play games. Wear your favorite costume and join us for an evening of fun, starting at 6 pm. Drop in, or email/call for more information. Prizes will be awarded for best costume and we'll have a dance party. Join us for a scary good time...if you dare.

Fall into Balance: This Autumn, Prioritize Mental Health and Healthy Outlets

As the days grow shorter and the air turns crisp, fall invites a natural slowing down. After the busyness of summer and before the holiday hustle, autumn offers a unique opportunity to pause, reflect, and realign—especially when it comes to mental health. While the season brings cozy vibes and colorful leaves, it can also surface emotional challenges. For many, fall marks the beginning of Seasonal Affective Disorder (SAD) or a general dip in mood due to decreased sunlight and colder weather. That's why cultivating healthy outlets and self-care habits now can be a game-changer for maintaining emotional well-being through the darker months.

While lifestyle changes can be deeply supportive, don't hesitate to seek professional guidance if:

- Your mood is persistently low
- You're experiencing sleep or appetite disturbances
- You feel overwhelmed, hopeless, or anxious

Mental health is health — and reaching out is a sign of strength, not weakness.

NAMI Beaver County is here for you with support groups, advice, & advocacy!

Your Autumn Fun Activity Checklist:

- Bake something with apples or pumpkins
- Make your own autumn-scented candles
- Watch classic fall movies
- Read a mystery or gothic novel by a crackling fire
- Do a fall-themed puzzle or play a board game
- Start a seasonal journal or sketchbook
- Decorate your space with autumn colors, leaves, and lights
- Make your own cider-apple or other fruit
- **Try** knitting or crocheting- scarves are a great project for beginners
- Start a "soup Sunday" tradition- a new soup each week

Thinking outside the box for the Fall/Halloween season can be helpful for our mental health & provide fun outlets!

Understanding One Another

When the world seems to be less understanding and kind, we know that we can choose to be that kindness and understanding to our little world. And when each of us makes that choice, that potential grows for it to be a true movement. That attitude can help melt the anger of those around us as they recognize that they, too, can choose to be accepting and tolerant of everyone around them. Let's be that good in the world and smile at our neighbors and those we encounter in the community. It doesn't take much effort to be nice.

Please reach out to us with any of your mental health needs. See our UPDATED (in progress!) website for more information on our groups and programs: www.namibeavercounty.org.

Recipe: Easy Fall Trail Mix

Combine the first 10 ingredients. Bake at 275 degrees for 25 min. on two parchment-lined baking sheets. Stir every 10 minutes. Cool completely and mix in the marshmallows, candy corn, and peanut butter candy pieces. Store in an airtight container for up to 1 week.

- 1. 3 cups PB Chex
- 2. 2 cups Wheat Chex
- 3. 2 cups bite-size pretzels
- 4. 2 cups Cheez-its
- 5. 2 cups Honey Nut Cheerios
- 7. 3/2 cup light brown sugar

- 8. 2 Tblsp maple syrup
- 9.1 tsp. salt
- 10. ½ tsp. cinnamon
- 11. 2 cups mini marshmallows
- 6. 3/2 cup unsalted butter, melted 12.1 cup candy corn
 - 13.1 cup Reeses Pieces