

# healthy yancey brings you.....

in collaboration with **path**

a partnership of concerned citizens working together to improve the quality of health in Yancey County.



## a compassionate approach to health & wellness

Throughout the month of January, you may have been inundated with marketing campaigns or media content filled with promises of how to achieve a shiny, new-and-improved you. **We are here to encourage you to approach resolutions and health behaviors from a place of kindness and self-compassion.** We love to see members of our community shine in their own way!

Here are some tips to support you in setting goals that feel great:

- Start with self-compassion
  - o Establish a friendly, loving attitude toward yourself, rather than focusing on perceived flaws.
- Explore your motivation
  - o Examine why you want to make a change. What will be different if you accomplish your goal? Where does your desire arise from? What inspires you?
- Focus on gradual, sustainable change
  - o Beginning with just one small change at a time may increase the likelihood of experiencing success – developing self-efficacy builds confidence and momentum to stay on track.
- Build on your strengths
  - o What is already going well that you can further develop and enhance?

You may find yourself feeling motivated and optimistic at the outset – but enthusiasm can wane over time. Here are some things to keep in mind when checking in on your goals:

- Celebrate small wins! It is worthwhile to take notice and congratulate yourself on small steps in the right direction.
- iReflect on what is working... and also take notice of what isn't going so well. Are there ways to troubleshoot those challenges?
- Consider adjusting or revising your goal. This isn't failure, this is wisdom

– it means that you have gained new insight and are finetuning your efforts!

- Revisit your motivation. You might want to place a visual cue somewhere that you will notice and remind yourself on a regular basis.
- Make a list of your strengths or recall a time in the past that you experienced success - encourage and build yourself up to support your current endeavors.
- Release notions of perfection. You are beautifully human!
- Remember that you can start anew at any time – it doesn't have to be the beginning of a new year, month, or week. Begin again, wherever you are.

**There are free, local resources available to support your wellness and resilience in a kind way.** The Home Remedies program partners with complementary health providers to share strategies for pain management and stress reduction.

Home Remedies has published an **online course series that is freely available** to access at your own pace and convenience. The courses introduce each complementary health modality and present practices that you can try at home. Topics include mindfulness, guided meditation, behavioral health, physical therapy strategies, massage, nutrition, Tai Chi and Qigong practices.

**By completing the online course, you can become eligible to receive vouchers to redeem for individualized treatment services or movement classes.** Trying out a Tai Chi class, then getting a massage? Now that's a resolution we can get behind.

To enroll in the online course and learn more about how you can receive vouchers, visit our website at [www.path-homeremedies.org](http://www.path-homeremedies.org), follow us on Facebook, or contact [homeremedies@pathwnc.org](mailto:homeremedies@pathwnc.org) or 828.214.7885.

### SETTING GOALS with kindness

Start with self-compassion.

Explore your motivation.

Focus on gradual, sustainable changes.

Build on existing strengths.

### checking in on goals

- ☐ CELEBRATE SMALL WINS
- ☐ TROUBLESHOOT WHAT ISN'T WORKING
- ☐ CONSIDER ADJUSTING OR REVISING YOUR GOAL
- ☐ REVISIT YOUR MOTIVATION
- ☐ MAKE A LIST OF YOUR STRENGTHS
- ☐ RECALL A PREVIOUS TIME YOU SUCCESSFULLY PURSUED A GOAL
- ☐ RELEASE NOTIONS OF PERFECTION
- ☐ REMEMBER THAT YOU CAN BEGIN ANEW AT ANY TIME



"Self-compassion means acknowledging that we are imperfect human beings doing the best we can and trying to be kind to ourselves in the process."

KRISTIN NEFF

### FREE, LOCAL RESOURCES FOR WELLNESS AND RESILIENCE



ENROLL IN THE HOME REMEDIES ONLINE COURSE TODAY!  
[www.path-homeremedies.org](http://www.path-homeremedies.org)



MOUNTAIN COMMUNITY HEALTH PARTNERSHIP

### Care for the whole family.



**Bakersville**  
88 N Mitchell Ave.  
Bakersville, NC 28705  
828-688-2104



**Spruce Pine**  
36 Hospital Drive  
Spruce Pine, NC 28777  
828-766-7778



**Celo**  
116 Seven Mile Ridge Rd  
Burnsville, NC 28714  
828-675-4116



**Dental**  
89 N Mitchell Ave.  
Bakersville, NC 28705  
828-537-5991

New Burnsville location coming soon!



[www.path-homeremedies.org](http://www.path-homeremedies.org)

a local program that offers free resources to manage pain, reduce stress, and promote well-being



### DO YOU NEED HELP?

- Domestic Violence
- Evictions/Foreclosures
- Benefits/Unemployment
- Health Care
- Immigration Services

Apply online: [pisgahlegal.org](http://pisgahlegal.org)  
or call 828-253-0406



BURNSVILLE SPRUCE PINE MARSHALL NEWLAND

### Drug Dropbox Locations:

Mitchell County Sheriff's Office - 828-688-3982 (Mon.-Fri. 8am-7pm)  
Spruce Pine Police Department - 828-688-9974 (Mon.-Fri. 8am-5pm)  
Yancey County Sheriff's Office - 828-682-2124 (24 hours/7 days a week)  
Burnsville Town Hall (Mon.-Fri. 8:30am-4:30pm)

Leave medication in the original bottle and mark out personal information.

mittchell / yancey  
**substance abuse task force**

[www.pathwnc.org](http://www.pathwnc.org)

a program of **path**

Yancey County Health Department  
202 Medical Campus Drive  
Burnsville, NC 28714

(828) 682-6118  
[www.toeiverhealth.org](http://www.toeiverhealth.org)  
A part of Toe River Health District

**PRIMARY HEALTH CARE**  
DENTAL VARNISHING  
POSITIVE PARENTING PROGRAM  
BREAST & CERVICAL CANCER PREVENTION  
SMOKING CESSATION OPPORTUNITY  
FAMILY PLANNING PROGRAM  
LABORATORY SERVICES  
CASE MANAGEMENT FOR AT-RISK FAMILIES  
WIC NUTRITION PROGRAM  
PHYSICALS  
BREASTFEEDING SUPPORT  
CAR SEAT INSTALLATION PROGRAM  
CHILD HEALTH SERVICES

The health department operates on a sliding fee scale based on income and family size. Costs vary depending on service and may include a minimum payment. We accept the following forms of payment: Cash or Check, Debit or Credit Card, Medical Insurance, Medicaid, Medicare, and Health Check/Health Choice.

LIKE US ON



Bringing people together to identify community needs and improve the health of children and families.

**pathwnc.org**

### High Country Caregivers

Families Change Tomorrows

Join us for a Relatives as

Parents Support Group

Jan 29th 10am-12pm

Maples Café

lunch and childcare

provided

(828) 832-6366 Ext 3



We aim to foster and defend the health & healthcare needs of residents in Mitchell & Yancey

[searchwnc.org](http://searchwnc.org)

find us on Facebook  
@searchwnc

[searchwnc@gmail.com](mailto:searchwnc@gmail.com)

### We Accept Medicaid RHA Health Services

RHA Health Services provides treatment and recovery support services for people with mental health needs and those who are struggling with substance use/addiction.

We offer:

- Intensive In-Home Services (IIH)
- Outpatient Services (including Individual, Group and Family Therapy)
- Substance Use Treatment

We accept Medicaid for eligible individuals. Call us or come by our Burnsville location for services:

RHA Health Services  
72 Blue Ridge Lane  
Burnsville, NC 28714



Find us on

Call 828-682-2111

### Big Brothers Big Sisters of Yancey County is recruiting Bigs!



Get out and do something meaningful. Become a Big Sister or a Big Brother. We'll match you with an incredible Little!

Contact Michelle Pellersels

[AMY@bbbswnc.org](mailto:AMY@bbbswnc.org)

828-518-0099

[bbbswnc.org](http://bbbswnc.org)



Providing greater access to medical care for students and faculty in Yancey, Mitchell, and Madison County schools through telehealth.



Through care in the nurses office, students stay in school and parents stay at work. Our services are available to virtual learning students too!

Email [appts@chil.org](mailto:appts@chil.org) to request an appointment.

For more information, visit [health-e-schools.com](http://health-e-schools.com).

Be on the lookout for an enrollment form from your child's school!

**WEAR WAIT WASH**

