



EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

BEC MAY NEWSLETTER

The Breakfast Exchange Club of Billings

May-How To Add Variety To Your Routine

Sometimes you have to accept that life is moving more slowly than anticipated, but that doesn't mean you can't add some variety at the same time. Life is about tiny little daily joys. Whenever life starts to feel a little stale, here are some tips to help switch things up:

1. Create something without an agenda

Do something for the sake of fun and creativity, rather than for the sake of productivity (e.g. paint, knit, doodle, start a bullet journal).

2. Create something WITH an agenda

Start that business, podcast, or blog that you've been thinking about forever. Create something with the intention of selling it. Think of one thing you keep "meaning to try" but haven't because you're afraid for whatever reason. Then challenge yourself to do it every day.

3. Listen to, watch, and read new types of content

If you tend to stick to the same genres of media, branch out and try some new things. Read books you wouldn't usually read, listen to different types of music, and watch shows that explore unfamiliar topics.

4. Try new recipes or a new way of eating

Make cooking something to look forward to by finding new recipes that you haven't tried making before. You could also try new ways of eating, like going vegan or vegetarian for a month.

continued on page 2...

Volume 4, Issue 11

May 2021

In this issue:

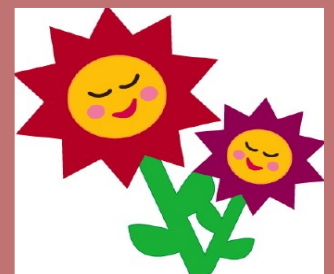
How to Add Variety	1
Variety continued	2 - 4
Volunteer Opportunities	2
Community Happenings	5
Committee Happenings	6
CAP Center	6

May Quote: "Happiness is the new rich. Inner peace is the new success. Health is the new wealth. Kindness is the new cool." – Syed Balkhi

Club

President:

Dina Harmon



May Volunteer Opportunities:

Speak Easy Volunteers

Wine Festival Volunteers

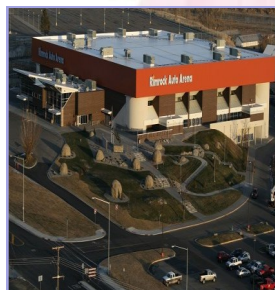
Future Volunteer Opportunities:

June—Brewery Tour Helpers



EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT



Come weekly at 7:00 a.m. on Friday to the Metra Café and get to know your fellow Exchangites!

5. Create different routines for different days

If you usually do the same morning routine every day, try switching it up every other day. For example, if you usually work out at home M-F, try going for a long walk instead a few times a week. You could create one morning routine for Mondays, Wednesdays, and Fridays and another for Tuesdays and Thursdays.

6. Re-imagine your space

If your living space doesn't inspire you, add new sense experiences like candles, lights, flowers, or plants. Keep things fresh by moving around furniture, switching out cushion covers, or re-arranging your bookshelves.

7. Learn something new

There's always more to learn about the world and ourselves. Try learning a new language, how to code, how to take good photos, how to take care of plants, or how to make your own clothes. The great thing is that there are so many free resources to learn this online (YouTube, Skillshare, blogs, etc).

8. Take a challenge

Try different challenges to switch up your routine and test your ability to stick to something. It's fun to document the process as well, whether that's writing about it, filming a video, or sharing your progress with others.

Here are some ideas:

- 30 days of yoga
- 30 days of writing morning pages
- 7 days of mindfulness
- 30 days without social media

9. Connect with others

Connection and community are important to your well-being. There's so much to learn from other people, plus connecting with other people (even online) can make our lives more interesting.

Continued on page 3



2018 BEST CLUB BULLETIN

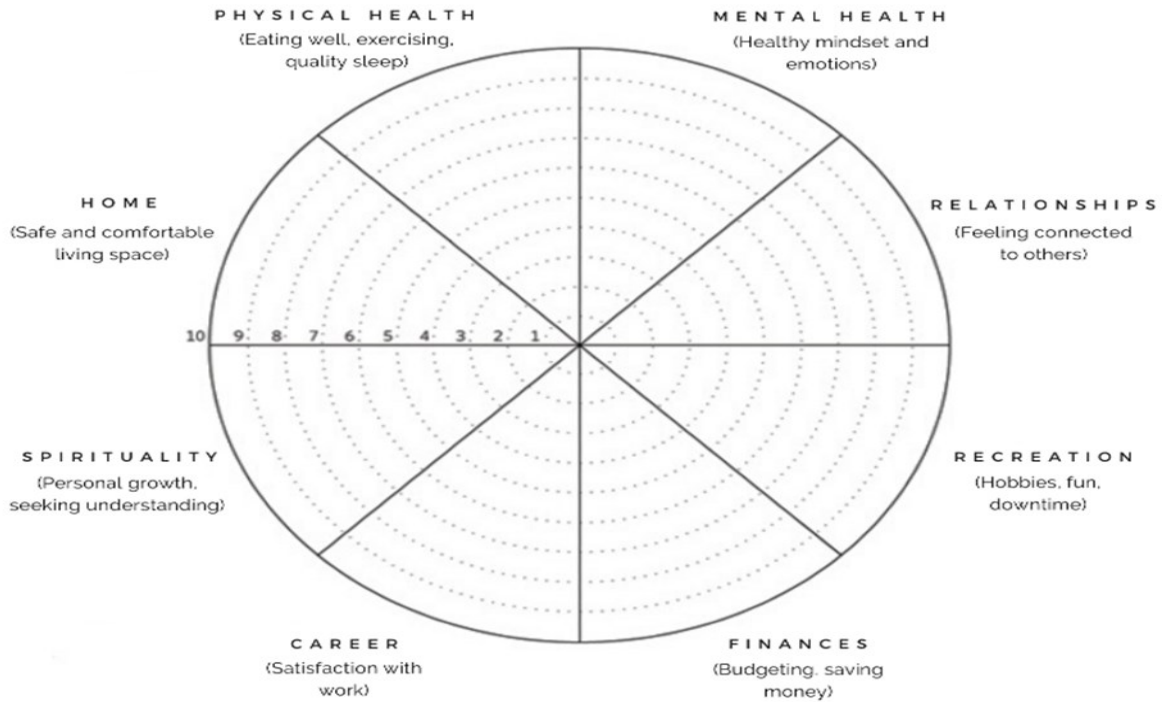
Exchange Club
75 or more members



10. Work on your personal growth

It's important to improve ourselves (in a compassionate way, of course) to avoid getting stuck in the same habits and patterns we've always had. A great way to find out what you might need to work on is through the Wellness Wheel (or Wheel of Life) exercise shown below.

WELLNESS WHEEL



WWW.THEBLISSFULMIND.COM

Continued on page 4



EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

Within the wheel that you see above, you'll rank the different areas of your life on a scale of 1-10 based on how satisfied you feel with them. You'll be ranking the following areas of your life:

Physical Health – sleep, self-care, eating habits, exercise

Mental Health – the quality of your thoughts, level of positivity, attitude toward the world

Finances – sticking to a budget, savings, tendency to overspend

Relationships – interactions with family, friends, partners, colleagues, etc.

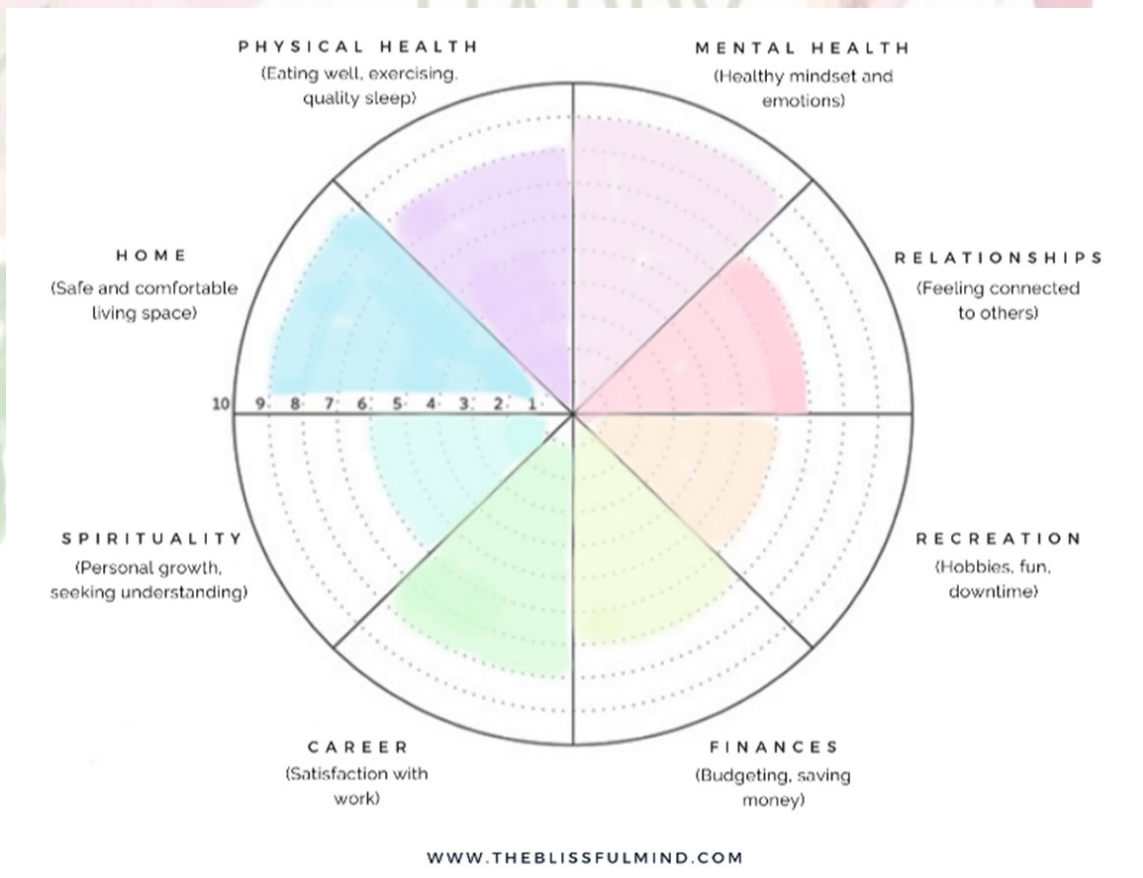
Career – productivity levels, attitude toward work, fulfillment with position

Home – the level of comfort in your living space, cleanliness/tidiness, organization

Recreation – hobbies, activities, fun, downtime

Spiritual/Personal Growth – connecting with yourself or a higher power, learning new skills

At the end of the exercise, your wheel might look a little like this:



Once you're done, you can see which areas need the most attention. From here, try to focus on a few small changes you can make over the next three to six months based on the areas that you feel need the most work.

Choosing to work on a few life areas at once may not sound as exciting as an entire life overhaul, but this method is more sustainable than trying to do everything right away.



EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

Looking for something to do and support community organizations at the same time?

May 2nd—Yoga @ Scheels

May 2nd—Downtown Litter Pick Up (meet at Liberty & Vine by 8:00 a.m.)

May 12th—Spring Arbor Day Event @ North Park (8:15 a.m.)

May 16th —Run for Heaven's Sake

May 21st—Live Clue @ Moss Mansion (7:00pm)

May 23rd—40¢ Queen Bee Run

1st & 3rd Thursday of month—Yoga @ Billings First Church; w/ Lisa Harmon; 10:00 a.m.

Mondays—Community Monday @ Hooligans (each week benefits different organization)

Tuesdays—Pint night at Last Chance Cider House (each week benefits different organization)

Wednesdays—Trivia @ Thirsty Street At The Garage; 6:00 p.m. (every other week, the game will benefit Tumbleweed)

Fridays—Fish Fry @ Columbia Club

****Special Days/Holidays**

9th —Mother's Day

31st—Memorial Day

**THE BREAKFAST
EXCHANGE CLUB OF
BILLINGS, MT**

PO Box 2224
Billings, MT

www.breakfastexchangeclub.org

Exchange, America's Service Club, is a group of men and women working together to make our communities better places to live through programs of service in Americanism, Community Service, Youth Activities, and its national project, the Prevention of Child Abuse.



EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

SEE SOMETHING, SAY SOMETHING, DO SOMETHING

Sexual Abuse Awareness

What is Sexual Abuse?

Unwanted sexual activity forced on a person by another

Characteristics of Offenders

1. Offenders are not always strangers
2. Sex offenders are not easy to suspect.
3. Offenders can be male or female
4. Offenders know their victims very well

Recognizing Sexual Abuse: Unacceptable Behaviors

Examples

- Sexually provocative comments
- Risqué jokes
- Intimate/ sexual content
- Touching of breast, buttocks, or groin
- Watching a person undress
- Watching a person use the bathroom

Recognizing Sexual Abuse: Acceptable Behaviors

Acceptable when done on occasion

- Praise
- Pats on the back or shoulders
- Positive reinforcement for good work/ behavior

What Do You Do?

- Report to a trusted adult IMMEDIATELY
- Tell your parents
- They will believe you
- You will not be in trouble

How to Avoid Sexual Abuse

- Know the adults you can trust
- Check with a caregiver/adult before doing activities
- Go places with friends instead of alone
- Know what is considered acceptable behavior
- You can say "No" or "Stop" to anyone that threatens you sexually
- Don't forget "See Something, Say Something, Do Something"
The best protection and prevention against sexual abuse is awareness

Committee Happenings:

BECON Committee—

Shannon Johnson has

May editor duties.

Invocation Committee—

Denny Yonts has May-
prayer.

Fundraising Com-

mittee—Brewery Crawl

also coming! Will begin
work on Speak Easy and
Wine Festival fundrais-
ers soon!

Freedom Shrine —

Freedom Shrine rededi-
cation at McKinley

School on hold.

GET INVOLVED!

***Committee Chairs—
Please email your up-
coming events to
dinahar-
mon1212@gmail.com to
be included in next
months newsletter!***