

# Mended Hearts Stable

Helping People Mend Their Relationships and Lives

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## From Julie

Anthony Ongaro wrote an [internet article](#) that suggests that there are a few things we can do to be more intentional, and that if those are constructive things that there are great benefits. In

his article he wrote: "If you want to leverage small daily actions for the better, you have the power to do it. When you look back, you'll see it was the small but consistent actions that made the most significant impact."

### 1. Consider an ideal day.

If you were able to design your perfect day from beginning to end, what would it look like? Imagine a productive, meaningful way you might spend your time. Working on projects, spending time with loved ones and friends, etc. Take note of the things that are included and more importantly, what wasn't included? I rarely hear people mention spending time on Facebook during their ideal day.

### 2. Create a foundation of small daily actions.

Once you have some ideas for your ideal day, create some quick and easy actions that reflect that ideal. While it may sound counter-intuitive, the smaller the action, the better. Whether it's one minute of meditation, slow breathing, one push-up, or reading a few pages of a book, consistent action is more important than immediate results.

### 3. Express gratitude every day.

Whether it's writing down three things you're grateful for in your notebook, sending a text to a friend, or a letter to a family member, expressing gratitude simply makes us happier. By acting on it daily, you begin to establish an attitude of abundance and gratitude.

### 4. Make the bed every morning.

While it might seem a bit strange, making the bed every morning can lead to more success throughout the day. This is traditionally known as a keystone habit, done first thing in the morning and can trigger other successful habits to come after it. By making the bed every day after waking up, you establish an early 'win' and a pattern of success.

### 5. Pause and breathe.

Before every action you take there is a moment. In that moment, you have the opportunity to pause and process whether the action you're about to take is well aligned with your ideals. A two second pause can be the difference between living in alignment or bouncing from impulse to impulse.

Each day is just as important as the next in creating the life we imagined for ourselves. While each day may seem small, years later you'll find that progress was made one small day at a time. After all, how we spend our days is how we spend our lives.

Design a simple life. Start here. Start now. You can design a life of less—and more. More of what you love, less of what you don't. It's a process, and we're all in it together."



## Featuring Brat This Month

Brat is a 20 year old Arabian gelding. He has been here at Mended Hearts since 2003. His given name is Knight Flight but we all call him Brat. He got his nickname from being a brat. He earned his nickname by doing bratty things that we all do at times, like being grumpy, not wanting to work, not doing what he is supposed to do, and fighting with his horse mates.

Brat has lots of patience now that he is older. You can also see a few gray hairs. As horses age they are much like us. They have more physical and mental needs, slow down, can't do as much, need medications at times, a good diet, good health care, patience, and love.



## Our New Adopt a Horse Program

Each of our therapy horses costs \$500 a month to feed, shelter, and care for. That comes out to \$6,000 a year for each of our 6 therapy horses. Any amount you decide to give to adopt part of a horse would be awesome! We need partners who will help us cover the cost of this care so that we can continue to provide this type of unique and valuable therapy in our area.

What you give towards adopting a horse goes to pay for:

Grain, hay, bedding, vet bills, water, salt and other miscellaneous supplies, heating for the stables and arena, stable help, medicine, medical supplies

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Any amount that you give to help support the cost of our horses is greatly appreciated, and adds up with others towards adopting all of our horses.

Come visit the horse that you have adopted by scheduling a visit. We would be happy to show you around and help you get to know the horse that you are helping us to care for.

**To work out the way to adopt that is most convenient for you, call us at (309) 383-4323 weekdays 8:30 am - 5:30 pm.** There is a picture of each of our therapy horses on our **website at <https://mended-hearts.org/adopt-a-horse/>**

***"It is the horse's gift to connect us with Heaven and our own footsteps." - Ronni Sweet***

## Gratitude

There are some excellent mindfulness apps online like [Happier](#), [Youper](#), [Headspace](#), etc.

The following advice for people of all ages comes from <https://kidshealth.org/en/teens/gratitude-practice.html>

### ***Notice the Good Things in Your Life***

Start to notice and identify the things you are grateful for. Tune in to the small everyday details of your life and notice the good things you might sometimes take for granted.

Once you're aware of the blessings of everyday life, the next step is to savor them.

Remember that God loves us no matter how bad we feel or think we are, and He has a plan for us if we trust in Him. Psalm 103:12

## Savor the Feeling of Gratitude

There are moments when you naturally, right then and there, feel filled with gratitude. These are moments when you say to yourself, "Oh, wow, this is amazing!" or "How great is this!"

Pause. Notice and absorb that feeling of true, genuine gratitude. Let it sink in. Soak it up. Savor your blessings in the moment they happen.

## Express Gratitude

Expressing gratitude is more than courtesy, manners, or being polite. It's about showing your heartfelt appreciation. When you thank someone, you're also practicing the first two gratitude skills: you've noticed something good, and you've genuinely appreciated it.

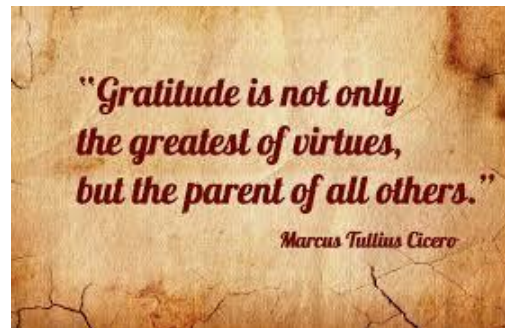
### Try this:

**Show your appreciation to someone who did something nice.** Say: "It was really kind of you to...", "It really helped me out when you...", "You did me a big favor when...", "Thank you for listening when...", "I really appreciated it when you taught me...", or "Thank you for being there when..." You also can write your gratitude in a letter.

- **Express gratitude by doing a kindness.** Gratitude might inspire you to return a favor, or act with kindness or thoughtfulness. Or you might see a situation when you can "pay it forward." Hold the door open for the person behind you, even if it means waiting a little longer than you normally would. Do someone else's chores without letting the person find out it was you. Notice how you feel afterward!

- **Tell the people in your life how you feel, what they mean to you.** You don't have to be mushy or over-the-top. We all have our own style. But if you say what you feel in the right tone at the right moment, even a simple, "Mom, good dinner. Thanks!" means a lot.

True gratitude doesn't leave you feeling like you owe other people something — after all, if you've done someone a favor, you probably don't want the person to feel like you expect something back in return. It's all about feeling good and creating a cycle of good.



## Daffy's Corner: Thoughts from Underfoot

My name is Daffy and I am the pug here at Mended Hearts. I am shorter and slower than my sister dogs Mazie and Garcie, and the horses, goats, cats, and chickens. In fact, I worry about getting stepped on at times. Others don't always see me and have important things to do, so I stay out of the way. I think I would be happier if they at least saw me more and included me more.

I am sure that there are humans out there who, like me, are smaller, slower, and worry about



getting stepped on. Sometimes it is hard to see them too. They are the ones who feel not as popular, not as pretty, not as fast, not as smart, and not as well liked as others.

I know that I am grateful when my sister dogs are kind to me. I bet that when you are kind to other humans they are also grateful, making their day and our world a better place. I like that.

I asked Julie if she knew what might help people feel happy about being themselves and here is what she suggested!

- Try the [I Am](#) app for positive affirmations
- Try the [Be More Me](#) app to help me find the positives of being me
- Watch the YouTube video [The Need for Acceptance will Make You Invisible](#) by Jim Carrey
- Watch the YouTube video [How to Stop Worrying and Start Living](#)



## Dandelion Blessing from Frank



I remember the trick-or-treaters showing up at our house in the snow. While there have been some warm days this winter, there have been lots of cold days too. Every winter I look forward to spring, to see things growing again and to no feel so cold. To me that is like hope. Hoping that spring will get here and having faith that it WILL get here sooner or later. And yes, when things are tough, I have hope that things will get better. We all need hope and I would like to have more of it. With the help of family, friends, and caring people our hope can grow.

When spring gets here I will be mowing grass, trimming roses, and setting out flowers in the pots on the porch. For all my effort, the dandelions in my yard grow great without any help from me. They show up early in the spring and keep showing up all over the place in my yard all spring, summer, and fall.

May your hope always grow like dandelions – early, all over the place, and without needing anyone's permission.