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Mathis found a therapist to help ease some of her mental health troubles. "I was having a really bad time with depression, and I was really anxious," she says. "I was climbing mountains in the high desert, and I felt like I was on top of the world."

But therapy isn't only good for mental health. "I've found that the 'good vibes only' movement is a great way to bring an outdoor culture to one's life," says Mathis. "Data suggests that younger generations are more willing and eager to talk about their mental health compared with older generations."

Outside of therapy, self-care acts, such as journaling, meditating, yoga, and hiking, can be powerful tools for mental health.

Battling isolation and a lack of social connections, says Liza Moran, a therapist at a Boulder-based indigenous center who works with the community—it can be a challenge in an area with a rich history of outdoor recreation. "I've found that taking a class in town can be a great way to get familiar with the area and meet new people," she says. "Reminding yourself of the beauty of the area, the fresh air, and the oxygen. Letting yourself breathe and enjoy the view. It's all about being present and living in the moment."

Lower population density can be a challenge, says Moran, she says. "I've found that taking a class in town can be a great way to get familiar with the area and meet new people," she says. "Reminding yourself of the beauty of the area, the fresh air, and the oxygen. Letting yourself breathe and enjoy the view. It's all about being present and living in the moment."

When making a move, prospective transplant recipients should understand the issues they might face and what they may be able to access in their new home. This information is popularized widely during the pandemic, but it's not always made it all far easier. But it's an option on health insurance or the money to pay out of pocket. "I didn't look for a therapist because I didn't have one," she says.

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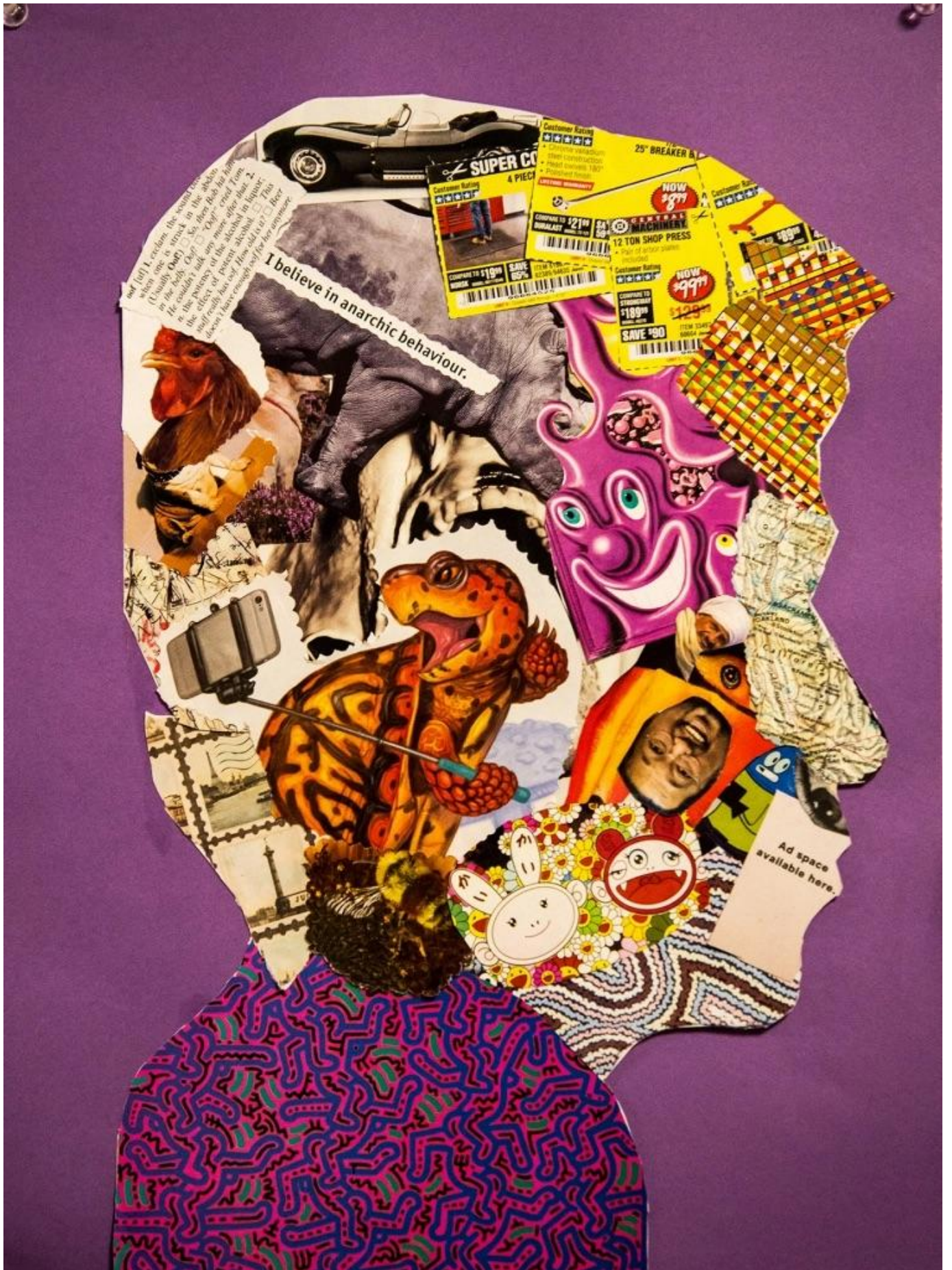
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YOU DO FEEL LIKE YOU'RE IN PARADISE, BUT THEN YOU'RE ALONE.





and [cut] I, er, er, er, the second time when one is struck in the absolute (Usually Dad) ... No, later. But he says. He couldn't ask me more after that. In the privacy of the alcohol, in liquor, the effect of the alcohol, in liquor, significantly less of. How old is it? This doesn't have enough and I've never seen it.

I believe in anarchic behaviour.

Ad space available here.