



Our Journey

Meaningful, relevant information for our community, published monthly.

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Welcome to *Our Journey*. We hope you will find the articles informative and helpful. Your ideas and submissions are welcome! Please also take time to check out the Northern Lakes Community Mental Health (NLCMH) website, the flat screen monitor, information tower, and monthly calendar (in the tower) for more information on topics in this newsletter and more. Join us in the ongoing creation of this newsletter to best serve you!

The advisory board at Club Cadillac recently earned its own 501(c)3 status to assist with fundraising. On February 18, the board partnered with a local group in Cadillac to host the "Cash Bash" ice fishing tournament. There were over 175 official participants from around the state in the tournament, up from 120 last year. The Clubhouse raffled off a new ice auger donated by Godfrey Chevrolet, sold sponsored t-shirts, and with other donations, raised over \$2,600 for Club Cadillac! Members were very pleased with the outpouring of community support. It was a fun event that also did some good.

\$\$ Cash Bash \$\$



Stress Awareness

April is stress awareness month. Are you having a hard time dealing with stress? Talk to your CMH worker who can connect you with myStrength and the tools available to assist you in dealing with stress and anxiety. Try some mindfulness breathing or yoga. There is help in a variety of ways for diverse needs. Kiosks are coming to your office lobby soon so you can connect with myStrength when you are at NLCMH.



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Our Journey
electronically.

Submissions may also
be accepted, space
permitting.

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Earth Day,
April 22, is a
day to inspire
awareness
and
appreciation
for protecting
health and the
environment.

**On Earth
Day,** enjoy
the tonic of
fresh air,
contact with
the soil, and
companionship
with
nature!

WRAP (Wellness Recovery Action Plan) and Daily Maintenance

What is your day like on a good day? What do you do? What do you need to do? What do you want to do? Most of us will eat, use the bathroom, get dressed... you might need to add a shower or flossing your teeth for better health and hygiene. You may cook up a favorite dinner or breakfast, or just cereal in a bowl. Watch television, cruise the internet, sleep, sleep... Maybe you can call a friend, visit your mom and dad or your grandparents if you're lucky enough to have them. The needs, wants and what actually will happen can vary and usually will.

When working on your daily maintenance plan, describe yourself when you are feeling good. Use descriptive word like: cheerful, active, curious, quiet, talkative, funny and optimistic. You can refer to this list when you're not feeling so good. Next, write out the things you know you need to do like: drink water, eat three meals (healthy), go for a walk, get some fresh air, journal and take your medication and vitamins. What are some good things to ask yourself if it would be good to do: spend time with a friend, do the laundry, plan your activities for the next week, exercise, write a menu and grocery list, take a bath, go to a twelve-step group, schedule an appointment, mow the lawn, take out the trash, call your parents or other family member. Some people may need a different plan for different days of the week, such as if you are attending school or work, versus days off or a day of worship.

Maintaining a good lifestyle takes work and good habits for everyone. Health cannot be taken for granted; it takes work to stay or get healthy. You need to recognize the positive things about yourself, what you usually do and what you might need to do or other options to keep life on the positive side. This may change over time with new activities in your life, a move, new work, school or volunteering. Change is part of living, where we live, what we do, and what we want to do, or what needs to be done. Be as flexible as possible for the changes that come your way.

National Autism Awareness

Autism Awareness is in April as is World Autism Day (April 2). There is a great wealth of information on Autism on the Autism Speaks website.



One story is about 20-year-old Reid who is on the spectrum and his interview with Sesame Street writer, Joey Mazzarino and the character Murray Monster. Reid is conducting interviews for his podcast *Talk Time with Reid Moriarty*. You can hear his podcasts at ReidMoriarty.com. Reid's father came up with the idea as Reid likes to perform. He started out with a neighbor and a local lifeguard. Reid's podcast are biweekly.

Autism Speaks is working with Sesame Workshop to address the stigma of Autism. You can view their new character, Julia, on YouTube, Sesame Street and Autism: We're Amazing, 1, 2, 3! See the amazing in all children. All children want and need friendship and support. There is a wide array of videos at #seemazing on YouTube. You can share your stories at #seemazing too!