



# 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!

## Rachel Star and Schizophrenia

Coming out and sharing that you have a mental illness is a big deal for many people (and their families). There are many who have shared their story through photo-biographies here at NLCMH and they are posted at events and in the Northern Lakes offices for all to see.

Rachel has shared her experience with schizophrenia for many years on YouTube. Her mother was worried about this being so public, how it could affect her future with employment and much more. Yes there has been some bad comments to her videos but there has been more good for many people; a father now understands what his daughter is going through as Rachel verbalizes and describes the experience in a way his daughter doesn't. For people to understand an illness they need to be educated and for peers it is good to know that you're not alone. NPR's [Morning Edition](#) on June 13, 2016 interviewed Rachel and how successful she has been in helping people. Her videos are not treatment but can help people understand more about schizophrenia. Here is a link to one on it's okay to be depressed: <https://www.youtube.com/watch?v=hl7XLeqYDj0> and you will find many more.



## Foods to beat the mood?

There is little research to show the effects of food on mood, either short-term or long term, but we know that it does have many affects on the body. It is well known that caffeine affects the body a lot – Energizing and wakefulness are two big reasons people consume caffeine. Others don't consume it for similar reasons – getting the jitters or not being able to sleep at night. Sugar or carbohydrates are often used for that buzz, too. Maybe Popeye's energy gained through eating spinach is a bit far-fetched, but we do know that food can make a big difference. People who are sluggish and lack in energy may be anemic and need more iron in their diet, which is found in red meat, fish and chicken at a higher amount than in Popeye's spinach. A person with diabetes may feel grouchy, shaky and anxious when their blood sugar is low. In this case, foods high in sugar have a fast effect and, for some, a lifesaving effect. Juice or sweet drinks are a quick fix, as is a glucose tablet under the tongue, but the body needs some complex carbohydrates to continue the balance of blood sugar levels too. (Think whole unprocessed foods that need to be chewed.) Keep it simple: Eat more whole unprocessed foods than quick grab-and-go packaged food and your body (and mood) will thank you!



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electronically.

Submissions may also  
be accepted, space  
permitting.

This newsletter is  
funded by Northern  
Lakes CMH.



Kandu Island in  
Traverse City has  
recently hired a  
new director,  
Dorothea (Thea)  
Walker. Thea's  
first day on the job  
was June 21. Past  
director, Eloise,  
made some  
difficult decisions  
and thought it best  
to step down.  
Eloise will be  
missed.

The drop-in's  
hours are Monday  
– Saturday from  
10:00am–4:00pm.

**Stop in and meet  
Thea! No car?  
BATA is  
convenient with a  
stop on the  
corner.**

## Positive and Negative



I found it fantastic that I was able to come up with so many terrific positive adjectives that I am glad to share some of them with you. I am confident you will find these brilliant and want to include them in your positive thoughts. All of this came about due to an item found during May - Mental Health Month when I came across an exercise in going beyond the good, sad, fine, bad one-word answers that we often state to others on how we feel. What is underneath that common answer? On the back of this exercise there were numerous "feeling words" to help in expanding your collection of descriptors... what is underneath the "sad, good" responses.

Only 37% of these words were labeled as positive, while 63% were negative. Will you feel better looking at increasing your vocabulary primarily in the negative area?

Certainly you will feel absolutely *wonderful* being awakened to a *fabulous* day full of *energy and excitement* knowing you belong to a *delightful* group of friends who are *eager* to include you in their day. Okay, this may be "overkill" but we need to think and express **positives** to overcome the bombardment of **negatives** so common in the everyday world.

How was breakfast? Fabulous, I love fresh pineapple. How was your show? Terrific, I used the massage setting on the chair for my back. How was the walk/bus ride to club? I had a refreshing conversation...or calm as I watched the birds flitting around. What was your day at class like? Intriguing, I am amazed at how much I learned. These examples are touching when the same old stuff would be just as easy to say and often is.

Answers that are both positive and truthful can be game changing for someone but if they are disingenuous they may produce the opposite effect. So is it you and how you perceive these upbeat responses due to your inner feelings and distorted thinking or are they truly disingenuous? Think about it.

## Nominate NOW for Recovery

Before you know it August will be here and the deadline for nominations is **Monday, August 1!** Who can you nominate? Who should you nominate? People who have supported the recovery movement at NLCMH, people who have assisted a person or group in their recovery journey, or someone who inspires others by their example.

There is also a special award called the **Each One Reach One**, award in honor of Ernie Reynolds, a trail blazer in the recovery movement. The **Each One Reach One** award is open to a person who meets the following four criteria: 1) has demonstrated that recovery is possible; 2) has given his/her greatest gift of time; 3) has promoted hope and inspiration; and 4) has practiced providing encouragement and uplifting others.

Get out that pen and nominate the person you know who is out there making a difference. For more information, please refer to the forms in the lobby of each office.

The Recovery Celebration has been an inspiring event that recognizes individuals who have or are making a difference in their life or the life of others. The celebration is an opportunity for people to gather together from all four offices as one. You are invited! Save the date for September 21 and plan to come!