



Our Journey

Meaningful, relevant information for our community, published monthly.

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Northern Lakes
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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!

WRAP

Mary Ellen Copeland is the founder and has been sharing WRAP (Wellness Recovery Action Plan) for many years. Mary Ellen came to Michigan to present at the Consumer Conference in 2003. Not only was WRAP an interesting way to help in recovery but it was something worth sharing.

Do you need a place to start on your wellness? Thinking about recovery? Both are buzzwords in the mental health communities. But what do they mean, in general, and for you? Mary Ellen was smart in using both words as recovery doesn't sit well with everyone and what is wellness, anyway? We all interpret these differently for ourselves. Both can be very positive avenues to pursue a better life.

There are several components to the WRAP: a toolbox, a daily maintenance plan, triggers, early warning signs and a crisis plan. The toolbox is especially helpful. What do you have in yours? What should you add? Some items might be: attend a support group, call a friend, take a bath, and avoid old patterns/habits, and it could also include: watch a funny movie, go to an amusement park, take a walk, blow bubbles, play with a puppy or kitten, eat a hot fudge sundae, shoot some hoops. You need to have 'fun' in the toolbox as well as helpful coping skills. Soothing, support, peers, therapists, groups are all great items but if you are aiming for wellness, reach for the stars! You have just as much of a right to reach for them as any other person out there. Do not let your diagnosis stop you from having fun and planning for your dreams, reaching for those stars. What are your hopes and dreams for tomorrow, next month, and next year? If you don't have plans you can start making them and then take action. Without plans there is no action. Fill that toolbox up to the brim and plan for a future. Ask yourself: what were your plans before the mental health diagnosis interrupted your life? What is stopping you from achieving them? Aim high; don't let others stop you from trying. Put those dreams back into motion and live a little bit.



Use myStrength to help with depression, anxiety or substance use. It is an evidence-based practice that is available online. This program is available free through a grant from MDHHS for people in the Northern Lakes CMH community, staff and people served. It can help you keep track of how you feel...To use myStrength, ask for instructions and a free access code from your CMH worker.

National Nutrition Month



**Dream
Big**

Northern Lakes
COMMUNITY MENTAL HEALTH

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to receive
Our Journey
electronically.
Submissions may also
be accepted, space
permitting.

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Lakes CMH.



Community Connects

will meet
Tuesday,
March 21 in
Houghton Lake.
The theme
of the day is
**Healthy
Recovery**
and will include
information on
health and
safety, a movie,
and creating a
recovery
toolbox.
Everyone is
welcome.
**Community
Connects** is
open to anyone
in the
community.
Bring a friend!

Nutrition is an important part of wellness. Breakfast is important too. It gets you started for the day ahead of you. Breakfast does not need to be traditional oatmeal, eggs and toast...it can be a turkey sandwich, peanut butter on an English muffin, hard cooked egg in a pita pocket or last night's chop suey or pizza. Here are a few other ideas to get you going and a recipe to add a bit of *spring* to your cereal:

Top a toaster waffle with peanut butter and banana

Layer cereal with yogurt, nuts and dried fruit (a parfait)

Make a smoothie with milk, banana and strawberries

Cottage cheese and half of a peach or pear

Pancake spread with apple sauce.

Information taken from
www.eatright.org. Check the tower for more good nutrition ideas.

Springtime Cereal

Makes 2 servings

3/4 cup wheat and barley nugget cereal

1/4 cup 100% bran cereal

2 tsp toasted sunflower seeds

2 tsp toasted almonds, sliced

1 tbsp raisins

1/2 cup bananas, sliced

1 cup strawberries, sliced

1 cup raspberry or strawberry yogurt, low-fat

Mix the wheat and barley nugget cereal, bran cereal, sunflower seeds and almonds in a medium bowl. Add raisins, bananas and half of the strawberries. Gently stir in the yogurt and divide between two bowls. Scatter the remaining strawberries over the top and enjoy!

Nutrition Information per serving:

Calories: 352

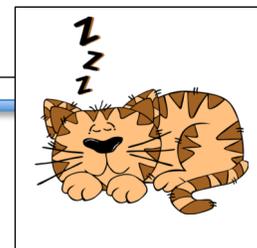
Fat: 6 g

Saturated fat: 1 g

Carbohydrate: 69 g

Sodium: 272 mg

Fiber: 8 g



Sleep Awareness Month

Better sleep is quality sleep.

6 hours of deep refreshing sleep is more beneficial than 8 hours of light interrupted sleep.

Tips To Get Better Sleep:

- Establish a consistent sleep schedule by sleeping at the same time each day of the week (including weekends).
- Relax before sleeping. Prior to sleep, limit any stimulating activities such as exercise and work. Perform activities that you may find relaxing such as reading.
- Create an optimal sleeping environment. Your place of sleep should be dark, ventilated and of an appropriate temperature. Black out blinds can help seal out light in area. If possible, remove any distractions such as computers and TVs from the room. Ensure your bedding is of adequate quality and there is enough space in the bed if you share the bed with a partner (or a pet!).
- A healthy lifestyle consisting of exercise and a healthy diet can contribute towards better sleep. Avoid alcohol, nicotine and caffeine close to bed time. While alcohol may help some people to relax, it can disrupt sleep throughout the night.

<http://www.whathealth.com/awareness/event/bettersleepmonth.html>