



Our Journey

Meaningful, relevant information for our community, published monthly.

Volume 4 • Issue 5

Northern Lakes
Community
Mental Health
northernlakescmh.org

May 2016

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!

May is Mental Health Month

Life with a mental illness is the theme for 2016. In the social media world of today people can use the hash tag #mentalillnessfeelslike, to share their story. You can also see what others are saying or submit anonymously at www.mentalhealthamerica.net/feelslike.

People in recovery from mental illnesses say it feels like:

A great big
sigh of relief

Having
energy to do
things again

A fog lifts
from your
mind and
you can see
the end of a
thought

There
is hope
for
your
life

Getting a piece
of your old self
and your life
back

You can be
satisfied
with normal
things

Information from
mental Health
America



F. A. S. T.

Stroke heroes know what this acronym stand for, do you? FAST is great knowledge to have as one in six people will have a stroke at some point in their life.

Face drooping
Arm weakness
Speech difficulty
Time to call 911

By knowing these facts and responding to someone having a stroke you can save a life, make a difference for someone to recover fully or be permanently be disabled. Learn the FAST acronym and you may become a stroke hero too!

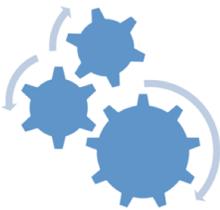


Traverse House Happenings



Please contact
Leslie Sladek
leslie.sladek@nlcmh.org
231 933-4907
to receive
Our Journey
electronically.
Submissions may also
be accepted, space
permitting.

This newsletter is
funded by Northern
Lakes CMH.



Quick Connect

Come join the Quick
Connect meeting in
Houghton Lake on
(Tuesday) **May 24th**
from 10-2pm.

We will be seeing the
movie "I Am Sam"
followed by a panel
discussion. This
movie has a father
with a developmental
disability fighting for
custody of his child.
Items on safety and
health will be
presented as well
getting connected
with the recovery
movement.

Popcorn and
beverages will be
provided; you may
want to bring a sack
lunch.

In April Traverse House began Qigong once a week with local certified Level 3 teacher Joan D'Argo. They will continue to have meetings through May. Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. People do Qigong to maintain health, heal their bodies, calm their minds and reconnect with their spirit. I attended a session to experience it and Qigong brings in the good energy and releases the bad or troublesome energy and can be helpful to overall health. Tapping or massaging areas of the body (acupressure points) can aid in the healing. It is very energizing and leaves you feeling lighter and as if you are carrying less of a load after class. Joan ends the hour of class time with guided meditation. Her main focus is for this to be a fun experience for all attending.

Joan has classes in the Traverse City area. There are many videos on YouTube that show many of the basic positions/movements, some offer information regarding what part of the body it is helping. There is more information at: <http://nqa.org/about-nqa/what-is-qigong/>.



CAC

May's meeting for the CAC (Consumer Advocacy Council) will be Wednesday, May 11 from 1:30 – 3:00pm. The guest speaker will be from Legal Services of Northern Michigan. In April the council voted to add Kim as a member of the council, representing Roscommon County. They also had guest speakers from BATA, the Grand Traverse and Leelanau County transportation system. These meetings are video conferenced so you may attend close to home at your local CMH office location. Contact the Director's Office at (231) 935-3677 three days prior to the date scheduled if interested in video conferencing.

Step into Spring

Spring is here and it is a perfect day to get out and take a walk. See the new flowers and the leaves as they burst out in that lovely shade of spring green. The sun is out and we've been getting less vitamin D over the cloudy winter months with less skin exposed to the UVB rays. Now is your chance to reap the benefits of walking just by adding a few steps into your daily routine.

Our bodies are made for walking; it was once the only method of transportation. For people who are active, a walking program may be right for you but for less active individuals you may want to increase your distance slowly. Having a walking partner or group may be the best way to get those brisk walks in to receive the greatest benefit. When you exercise with others you tend to keep with it, not wanting to disappoint your friends.

Walking has many health benefits such as: maintaining a healthy weight or losing weight, preventing or managing type 2 diabetes, heart disease and high blood pressure, lift your mood, strengthen your bones and improve your balance and coordination.

When you walk be sure to have on good supportive footwear, stand up straight, head held up, slightly tighten your stomach muscles and relax your neck and shoulders. When out for that distance walk, make sure to warm up and cool down. Walking slowly for 5 – 10 minutes slowly to get the muscles ready for exercise and then cooling them down the same way. It is also good to gently stretch the muscles after you cool down.

Wait a minute, 5-10 minutes of warm up and cool down!?! That's 20 minutes already; I don't walk that much now! Walking can be done in small increments, ten minutes, three times a day. Try starting for 30 minutes a day combined total. Work up to more. Don't forget to smile and say hello to a fellow walker out in the community.