



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!

Art of Recovery: The Human Journey Art Show



The annual art show has a new location this year at the Traverse Area District Library. This is the 11th annual show and the artist reception will be Wednesday November 8th from 3 – 6:30 pm with live music. Come and meet the artist. The show will be on display through November 29 during the library open hours.

Everybody recovers from something during their lives. It's part of 'The Human Journey'.

Alzheimer's Awareness Month



Alzheimer's currently affects more than 5 million Americans and that number is likely to triple by 2050. It is the sixth leading cause of death in the USA and is climbing steadily in the rankings. Also, Alzheimer's is the leading cause of dementia and accounts for about 65% of all dementia worldwide. Here are seven facts you may not know but should:

- 1) We generally detect Alzheimer's at the end-stage of the disease.
- 2) Memory loss is not a part of normal aging.
- 3) Current Alzheimer's drugs are probably more effective than you think.
- 4) Alzheimer's disease can be treated.
- 5) The Alzheimer's drug pipeline is full.
- 6) Taking good care of your heart will help your brain stay healthy.
- 7) Managing risk factors may delay or prevent cognitive problems later in life.

So why bother with Alzheimer's awareness? Because it is a terrible disease poised to ravage our aging society and the lack of education and awareness has led to a stigma that prevents a more proactive approach to early intervention. Full article available at: <https://www.caring.com/articles/alzheimers-awareness-month>



Holiday Stress

It is that time of year again, "the Holidays!" Below are a few ideas to help fight holiday stress. For more go to: <http://www.health.com/health/gallery/0,,20306655,00.html#walk-away-from-worries-0>

Hike your mood with sunlight. *To ease SAD (Seasonal Affective Disorder) symptoms, spend time outdoors or near a window on sunny days.* **Take a whiff of citrus.** *Researchers studying depression have found that certain citrus fragrances boost feelings of well-being and alleviate stress.* **Walk away your worries.** *"The rhythm and repetition of walking has a tranquilizing effect on your brain, and it decreases anxiety and improves sleep," says nutrition-and-wellness expert Ann Kulze, MD.* **Squeeze here.** *The fleshy place between your index finger and thumb is called the hoku spot in traditional Chinese medicine. Applying firm pressure there for just 30 seconds can reduce stress and tension in your upper body.* **Do less, enjoy more.** *"We go overboard to please others during the holidays... Instead, take care of yourself by saying no at least once—and maybe more."* **Stick with your daily routine.** *Prioritize your workouts, book club, etc., and don't try to squeeze in more holiday than you can handle, says Katherine Muller, PsyD.* **Don't neglect whatever cracks you up.** *Laughing (real hard) reduces stress hormones. That, in turn, helps immune cells function better, says psychologist Steve Wilson.* **Forget perfection.** *Stop obsessing over doing it all. The world is not going to end if the house is a little cluttered or dinner is on the table a few minutes late.* **Be a picky volunteer.** *Take on only one or two holiday jobs, and learn how to delegate parts of a task, advises Richard Shadick, PhD.* Or **Savor a spicy meal.** *Hot foods trigger the release of endorphins—the natural chemicals that trigger feelings of euphoria and well-being, Dr. Kulze says.*



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

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Community Connects

Tuesday,
November 21
10 – 2pm
at Traverse
House
Clubhouse

Health and Safety will be covered and the movie Moana will be featured with a conversation to follow around the subject of whole health, body, mind and spirit. Beverage and popcorn provided.

The Doldrums

Do you ever find yourself saying:

- "I just don't feel like doing anything."
- "It's easier to just stay here and watch TV."
- "I want to be by myself."



You are not alone. Depression can leave you feeling stuck or immobilized. This can dampen your energy and spirit. These gloomy feelings often go hand-in-hand with frustration, anger and/or anxiety.

Your behavior, like your daily routines, is closely tied to your mood. Looking closer at this dynamic will help you create awareness of what you do and how it impacts how you feel.

Take small steps to break free from negative thinking. Log in to www.myStrength.com and use the *Stuck in Glue* activity to climb out of depressed thoughts! Need help logging in? Ask your worker at your next appointment. They can assist you in setting up an account and navigating myStrength.