



Our Journey

Meaningful, relevant information for our community, published monthly.

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Northern Lakes
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Mental Health

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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!

Hope



Hope springs eternal. ~ Alexander Pope. **Hope** can be the breath that you take as you lie in your bed not ready to rise for the day. It can be the sun shining out your window on a new day. It can be as big and bold as you dream or small and tenacious pulling you through yet another tough moment.

When we have goals both big and small there lies **hope** in the midst of it all. As you rush through the day toward the end of it all what work have you done to accomplish the goal? It may be small steps slowly plodding the path or you may reach the end rather fast. But having the goal takes on the importance of today and the days to come. Reaching for something new in your life or being able to push through the day. Make today a new day with a new goal to reach, offering **hope** to the week, month and year. Grasp it and hold on making each little step on the path to the larger goal.

Peers support specialists can aid in the journey toward your goals and of defining them as they often instill **hope** as a peer on the path as well.

Taking a Stand



The National [Down Syndrome](#) Society (NDSS) recently announced the termination of its partnership with clothing retailer LuLaRoe. The decision follows LuLaRoe's refusal to cut ties with Robert Budenbender, an independent representative who mocked people with intellectual disabilities during a live sales video. Budenbender removed the live video and shared an "[apology](#)" video. While LuLaRoe's owners, the Stidham's, agreed the actions of their retailer were unacceptable, they would not penalize Budenbender for his actions and ended the NDSS partnership instead. NDSS also shared a public statement announcing the termination of its partnership with LuLaRoe: *This video is unacceptable and further perpetuates the stigmas we work to fight and end each and every day at NDSS. While we appreciate the apology from this individual and the previous support from LuLaRoe, we must uphold our mission statement, and end our partnership and any further programming with LuLaRoe immediately.*

https://themighty.com/2018/01/lularoe-chooses-intolerance/?utm_source=search&utm_medium=site&utm_term=lularoe

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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Community Connect

March 20

10-2 pm
at Club
Cadillac

Watch the
movie *Home*
and learn
about Design
on a Budget
and Spring
Cleaning

Beverage and
popcorn
provided.

Has it ever been said of you,
"That leopard can't change its spots?"
Wearing your destructive life,
Like a suit of neon dots.
Well let me tell you my friend,
That statement doesn't hold true,
For I had spots that have changed,
And I'm no different than you.
My spots didn't change all at once,
The process seemed so slow,
But soon they were gone, and in their place,

New ones started to grow.
It took a deep desire,
To live a better way,
My hard work proved them wrong,
To hell with what they say!
Your spots can change as well,
It's really up to you,
But if you change your spots you'll show
There's nothing this leopard can't do!

By: Robert Newsome



What's the best part about myStrength for you? myStrength offers a lot of helpful tools for your mind, body and spirit. As we move into 2018, we wanted to share the top 3 myStrength activities of all time. These are consistently rated as most helpful by users just like you. Drum roll, please...

Find out what all the buzz is about! Try these for yourself today:

1. [Anxious? Breathe With This](#)
2. [Mindful Breathing for Beginners](#)
3. [1-Minute Meditation](#)

Breathing is so important in each of these activities. Mastering the skill of meditation and mindfulness takes practice and can be worth the effort taken in mastery.

In the article: *Your Breath is Your Brain's Remote Control*,* learn more about breathing:

We have all heard this simple saying during times of trouble: "Take a deep breath in." Science being science, however, indicates that we may now have to update this old adage to read, "Take a deep breath in, it will help you be more emotionally aware, but only if you inhale specifically through your nostrils and not your mouth – good luck."

While this may seem a lengthy tip to recall in the midst of uh-oh moments, the power of active breathing – voluntarily inhaling and exhaling to control our breathing rhythm – has been known and used throughout history. Even today, in [tactical situations by soldiers](#), or in extreme cold conditions by the [Ice Man](#), we know that slow, deep breathing can calm the nervous system by reducing our heart rate and activating the parasympathetic (calming) nervous system. In this way, our bodies become calm, and our minds also quieten. Recently, however, a [new study](#) has found evidence to show that there is actually a direct link between nasal breathing and our cognitive functions.

*<https://www.mindful.org/breath-brains-remote-control/>



My Strength is available to anyone in the NLCMH area with an Internet connection. You may sign up through your worker or, for the NLCMH community, use the code: *NLCMHCommunity* to set up your account. You can also **join us for a public demo! With 8 special one-hour sessions in March, you can come see what it is about in person.** Check the Recovery Tower or March Consumer Calendar for details.