

September 2023

PHONE

507-333-5840

Friendship House Voice

Stakeholders Theme

1960's & 1970's

In order to liven up the Stakeholders Meeting and have a good time, we are encouraging everyone to wear their groovy, hippie clothes!

Far out, man!



Planning your routine

Work, paying bills, cleaning, cooking, shopping, exercising, getting enough sleep, and taking care of children are just some of the things millions of Americans do each day and it is easy to be overwhelmed. It can feel impossible to get everything done, let alone take care of yourself – especially if you're already struggling with a mental health concern like depression or anxiety.



Horizon Homes, Inc.

Mobile Crisis Services

South Central Crisis Center

Call: Crisis Services, at 877-399-3040



GREAT BIG THANK YOU!

Thanks Brent for your inspiring story on you Bi-Polar journey across the world!

Follow Brent on Facebook @

Brent Brendan Bishop



Brent Bishop,:

Seeking balance in a life of challenges unchosen.

Mr. Bishop is a multi-diagnosed person, who has faced the life challenges that come with such conditions to seek balance. Along with the challenges he has used the benefits of his conditions to manage life. Having become a Metmorphic writer and a Storyographer, he is able to share the challenges and adventures of a Mentally challenged life.

When I Find Myself at the End of my Rope

Anxiety, Panic, Depression, Mania are a challenge to living a peaceful and content life, so much so one might wish that things would come to the end. The end of the emotions, do not need to end, with one's end. Based on my experiences, I have concluded, I want the problems to end, not me. With that thinking it takes suicide off the table. We only have one life to live, and no matter how challenging it is, it is better than the alternative. There are chances things can improve if you end the problem and not yourself.

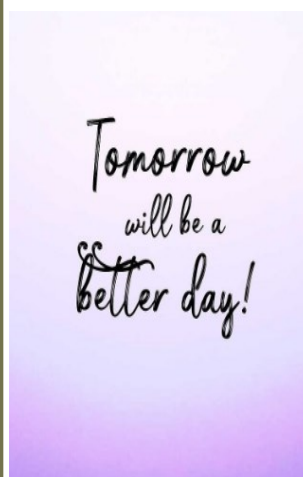
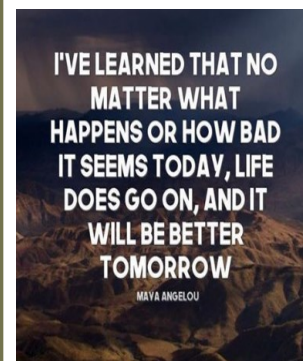
When I was 14 a friend of mine, had a wealthy father, who lost his business, went bankrupt, got divorced, and then found out he had cancer, finding himself in a wheelchair. Understandably, he decided to end it all, and put his pains and problems behind him. There was a high bridge just below his home. Using his wheelchair, we rolled himself to bridges' edge. Stood himself up and dropped himself over the wall for his final fall. Yet his end was not to be, an electrical wire broke his fall, burnt him and the landing left him paralyzed. My conclusion from this at my age of the time, was that if what you are doing is not working, trying to end yourself may not work either, leaving you in worse condition, then your condition.

Since then I have always focused on ending the problem and living the best I can with the issues I have.

There is also the thoughts of family and friends who would be hurt by the loss and feel guilt. I would be making more problems than I solved.

A few years back a woman in my peer group called me and said she was going to commit suicide because her daughter hated her and was keeping the grand child from her. We talked for 3 or more hours, in the end, I felt good, she said she would not commit suicide. The next day I called on her with no response. She had attempted suicide. Yet she failed. What had I done wrong, I tried my best to be supportive, but I failed. But she failed too, at her effort to end her life and problems. As time went on she contacted me to thank me for my efforts, she is now living happily in a community of friends. Her life was good again. Life after pain is possible. Life problems can only be solved by living through them.

When each problem is ended, we have a new beginning.





By creating routines, we organize our days in such a way that taking care of tasks and ourselves becomes a pattern that makes it easier to get things done without having to think hard about them every time.

FACT SHEET

- When it comes to diet, sleep and exercise, having good, strong routines is linked to improved mental and physical health.
- People with more daily routines have lower levels of distress when facing problems with their health or negative life events.
- It takes an average of 66 days for a behavior to become automatic (a habit), but for some people it can take as long as 8 1/2 months. Don't give up!

Tips For Success

- Create the routine that is right for you. We don't all have the same schedules or responsibilities and some of us struggle with certain parts of daily life more than others. All healthy routines should include eating a nutrition-rich diet, exercising, and getting enough sleep, but no two routines will be exactly the same. In fact, your routine may not even be exactly the same every day.
- Start small. Changing up your day-to-day routine all at once probably won't end up with lasting results. Pick one small thing each week to work on. It could be adding something new and positive, or cutting out a bad habit. Small changes add up.
- Add to your existing habits. You probably already have some habits worked into your routine, like drinking a cup of coffee in the morning. Try adding new habits to existing ones. For instance, if you want to read more, you could set aside ten minutes to read while you have your coffee (instead of drinking it on your drive to work).
- Make swaps. Think about the things you do during the day that aren't so healthy and swap them with better behaviors. For example, if you feel sluggish in the afternoons and eat sugary snacks for a quick pick-me-up, try taking a brisk walk instead to get your blood pumping and endorphins flowing. Or if you find yourself having a few alcoholic drinks after a long stressful day, try sipping hot tea instead.
- Plan ahead. When life gets hectic, you may be tempted to skip out on the new parts of your daily routine. By doing things like prepping meals ahead of time, picking out an outfit the night before work, or having an alternate home workout option for the days you can't make it to the gym, you help set yourself up for success even when you're hurried.
- Make time for things you enjoy. Even if it's just 15 minutes a day, set aside time to do something you find fun or relaxing—it will release chemical messengers in your body that are good for your physical and mental health.
- Reward yourself for small victories. Set goals and celebrate when you reach them. Have you added exercise to your weekly routine and worked out every day as planned for the last couple weeks? Treat yourself! Watch a movie you've been wanting to see or try out that new video game.
- Don't beat yourself up if you miss a day. Making life changes can be hard and you might forget to do something that is new to your routine every once in a while. You don't have to be perfect, just try to do better the next day.

PLANNING YOUR ROUTINE

WHAT ARE SOME THINGS YOU WANT TO BE PART OF YOUR ROUTINE?

Examples: exercise, reading, quality time with my kids

1. _____
2. _____
3. _____

WHAT GETS IN THE WAY OF YOU ACCOMPLISHING YOUR GOALS OR TASKS ABOVE?

Examples: working overtime, needing new glasses, too tired

1. _____
2. _____
3. _____

WHAT ARE THINGS YOU CAN DO TO ADDRESS THE BARRIERS YOU WROTE DOWN IN THE BOX TO THE LEFT?

Examples: start with a 30 min walk, go to bed earlier

1. _____
2. _____
3. _____

Use this calendar to lay out things you can change and incorporate into your schedule. The calendar can include specific things you want to incorporate into your routine (like a specific exercise), or changes you need to make to reduce barriers (like going to bed early). Use the support column to think of people or things you can use to help you accomplish your goals.

| ACTIVITY | SUN | MON | TUES | WED | THUR | FRI | SAT | SUPPORT |
|----------|-----|-----|------|-----|------|-----|-----|---------|
| | | | | | | | | |
| | | | | | | | | |
| | | | | | | | | |

HOW CAN YOU REWARD YOURSELF FOR SUCCESSFULLY MAKING NEW THINGS PART OF YOUR ROUTINE? Example: if I walk for 30 min, 3 times per week for 2 weeks, I can treat myself to a dinner out.

1. _____
2. _____
3. _____





SEPTEMBER BIRTHDAYS!

Em. L.

Bev G.

Rae E.

Pam C.

Donna S.



CHANGES TO STAKEHOLDERS!

- Box Lunches will be provided to those who *pre-register* for Stakeholders Meetings. You must have your registration and meal preference submitted to your SCCBI liaison 3 weeks prior to the activity.
- In addition to professional speakers, entertainment will be provided
- A drawing for a substantial prize will be held at Stakeholders. Each county in the initiative will have a winner. **MUST BE PRESENT TO WIN**
- If you attend Stakeholders, you will be able to come to a “Stakeholders Recap Luncheon” the following week at China Buffet
- **NO GIFT CARDS:** Due to recent changes beyond our control, the SCCBI will *no longer* be able to provide participants with *gift cards!*



Stakeholders' Meeting

September 7, 2023

ADDRESS:

CITY:

STATE:

ZIP CODE:

Is this a new address from last time?

Circle one: YES NO

County of Financial Responsibility:

If you want a lunch, please choose a lunch option:

HAM **TURKEY** **VEGGIE**

*****Sandwiches come with lettuce, tomato, and pickles with condiments on the side. Boxed lunch includes potato chips and a cookie.*

If you drove your own vehicle today, and would like to be reimbursed, how many miles did you drive round trip? _____

TO BE COMPLETED TO BE ENTERED FOR A CHANCE TO WIN A DOOR PRIZE:

Consumer Name: _____

County of Residence: _____