

January 2024

RECOVERY TODAY



TBHS PERSON SERVED
NEWSLETTER



TUSCOLA

Behavioral Health Systems

REMEMBERING CALEB MANN

By: Mary Elizabeth Davis

When I was told that TBHS Peer Support, Caleb Mann, had been killed in a car accident on December 4, 2023, I was completely heartbroken! As my Peer Support, Caleb helped me become a better version of myself and reach personal goals I could not have reached alone. Caleb was a bright light and encourager in my life!

When I met Caleb, I was trying to rebuild physical strength after total hip replacements. I could barely walk a block without tiring! Each time we met, Caleb would encourage me to walk farther and faster. I eventually was able to walk two miles at a steady pace. I have had physical setbacks that required me to learn to walk again since having Caleb as my Peer Support, but it is Caleb's voice I hear in my head cheering me on to put one foot in front of the other and keep going when I walk! I am again back to walking several miles a day, and I just joined a gym. Thanks Caleb!

One thing that was so great about Caleb was he did not act like he was better than me. He told me that since I working so hard on my goal of walking; I had inspired him to try to quit smoking. I do not know if he had completely quit, but during the time I knew him he had cut back on smoking. I was so proud of him for this!

Caleb also helped me a lot by teaching me coping skills to deal with my negative thinking. He shared with me the 3 C's skill-Catch it, Check it, Change it. Catch the thought, and check whether the thought is true or not. Change the thought to a positive one. I have shared this skill with many people and they say it has helped them as well!

Thank you, Caleb! For getting me involved in Peers for Peers, RCAC, and other organizations at TBHS. Thanks also for encouraging me to share my writing in the TBHS newsletter. It helped me to branch out and meet other people. Above all, Caleb believed in and encouraged me and others! For this, I will be eternally grateful! Caleb Mann, you will be thought of fondly and never forgotten!

By David

We need to heal spiritually, mentally and physically.

But once broken, it takes time to mend.

We must follow the path of least resistance.

Like a mighty river.

Once, it was a trickle of water.

Meek and now it is mighty.

Friend, may you be mighty today.

The river may be turbulent.

If you ride it out, you will find the calm and peace.

When the world is filled with darkness, know hope is light.

Hope goes a long way.



RECOVERY IS POSSIBLE !

Post-Traumatic Stress Disorder

By Deb Dehmel

Post traumatic stress disorder (PTSD) affects 7.5 percent of Americans. Childhood trauma can leave lasting emotional or psychological impressions well into adulthood, shaping your decisions and personality and leading to long-term effects. PTSD can occur in many forms. Whether you are bullied as a child or experienced physical trauma. There is no difference between levels of trauma to the human nervous system. Internally trauma is trauma! PTSD recovery is possible with the right treatment.

You might be wondering if normal life will be a part of PTSD recovery. When you are in the middle of recovery, it feels like it will never end. It may take a while to get the right therapist and hard to open up to loved ones. It will be unpleasant while working through traumatic experience, remembering past traumatic experiences. Working through these experiences with a trusted professional will give you the support needed to work through it and begin to learn how to cope .

I had trauma as a child and drank to cope and didn't know that was the reason. Now, sober, I use coping skills like breathing techniques and mindfulness exercises to help manage my emotions. I have gained understanding of my " authentic self". I'm now comfortable sitting by myself and just being alone with my thoughts without having a panic attack.

Source:

<https://recognizeandrise.org/emotional-trauma>

<https://crosswindscounseling.org>



TUSCOLA

Behavioral Health Systems

How Being Kind To Your Mind Can Help You Grow As A Person

[Meghana Millin](#)

February 15, 2023 · 3 min read

We have all heard that being kind to others is a good thing, but what about being kind to yourself?

There's a lot of scientific evidence to back up the claim that being kind to your mind can improve your mental health and personal growth. In this article, we discuss what it means to "be kind to your mind."

There's a reason why it's said that being kind to your mind is the best way to grow as a person. Being kind not only benefits you in the present, but it also leads to a brighter future.

Begin by challenging yourself to think positively every day to practice being kind to your mind. This entails recognizing the good in daily life and establishing boundaries with negative thoughts.

When you are kind to your mind, you develop a more positive outlook on life, which will aid in your personal growth. Being kind to your mind also entails setting healthy boundaries with others, as we can sometimes go too far. Remember that kindness breeds understanding, and understanding is a powerful thing!

Being kind to your mind has a unique quality. It not only makes you feel good on the inside, but it is also good for your physical health. Being kind to your mind has been linked to a lower risk of anxiety and depression, improved sleep habits, and increased focus.

The practice of meditation or mindfulness daily has a great impact on the mind. Mindfulness fosters a nonjudgmental and compassionate attitude. This will help you to look at yourself and your life with compassion. It assists us in forgiving ourselves and others, but most importantly, when we look at ourselves with kindness, we promote self-love and self-worth. All of which are essential for good mental health.

Being kind towards your mind helps us develop emotional intelligence and mental health. It all starts with making a conscious effort to be kind to ourselves. This can be done by forgiving ourselves for our mistakes, rating our day on a scale from 1-10, and making mental notes or maintaining a journal of things we are grateful for. Next, we need to cultivate compassion towards ourselves.

How Being Kind To Your Mind Can Help You Grow As A Person

When we are kind and compassionate towards ourselves, we give ourselves the permission to begin our journey to recover from all of the negative thoughts and emotions that plague our minds, by allowing ourselves to be vulnerable, and asking for help from others.

In a variety of ways, mindfulness training can help us to learn to be kind and compassionate towards ourselves. To begin, you will learn how to defuse negative thought patterns and develop healthy coping mechanisms for when things get difficult. Regular mindfulness practice will help you become more aware of your thoughts, feelings, and physical sensations. This will allow you to manage your stress levels more effectively in the present moment and avoid negative thought spirals that can lead to increased anxiety or depression.

Furthermore, mindfulness training can assist you in focusing on the present moment and appreciating the various sensations and emotions that arise. When you're more mindful, it's easier to notice and respond to what's going on around you. Thus, helping you change the unkind thought patterns into positive and healthy thoughts.

There is no one-size-fits-all answer to the question of how to be more kind towards your mind because the best way to be more kind to your mind depends on what works best for you.

Here are some pointers that might be useful:

1. Allow your mind some space each day to recharge and focus on self-improvement. This entails learning a new skill or devoting time to a hobby over the weekend. This provides you with a sense of accomplishment and happiness.
2. Observe your self-talk. When you find yourself talking down on yourself, change the tone by being gentle. Stop judging yourself; this will make you happier, calmer, and more productive in general. Make time for yourself every day by including reading a book, going for a walk outside, or simply doing something you enjoy without feeling rushed are all examples of this.
3. Make sure that you're spending enough time in nature, getting enough sleep, and practicing meditation or mindfulness. All of these practices help to promote positive mental health and peace of mind.

By being kind to our minds we can cultivate a positive attitude even in difficult situations. When we are gentle with our mind, it begins to change the way we think and act. This will eventually lead to a more positive outlook on life, making it easier to deal with difficult challenges.

Meditation and mindfulness are excellent places to start on this journey. Both of these techniques help you center yourself and gain control of your thoughts by focusing on your breath and thoughts. This will assist you in shifting your focus from negative to positive outcomes, regardless of the situation.

Conclusion

Being kind to your mind has many advantages. It can help you develop as a person. You can learn to control your emotions, thoughts, and behavior. Furthermore, being kind to your mind can help you develop a more positive outlook on life, which can help you achieve a positive mental attitude that leads to a happier and healthy lifestyle.

<https://www.meditationmag.com/blog/how-being-kind-to-your-mind-can-help-you-grow-as-a-person/>



Peer Articles:

Win a \$20 Walmart gift card!

Have a story you would like to share?

Artwork?

A favorite recipe?

If you happen to be a current or past recipient of TBHS services and choose to submit an article that is featured in the quarterly newsletter, you could be a Winner!

RECOVERY IS POSSIBLE!

RESOURCES

ALL NEW

TUSCOLA COUNTY
PREVENTION & RECOVERY

**DRIVE-UP
SHARPS
DISPOSAL**



Tuscola County
Health Department
1309 Cleaver Rd.
Caro, MI 48723

Spoonfuls of Plenty
Free Community Meal

EACH WEDNESDAY
Inside Dining Only
Everyone Welcome!

3:30 - 6:00 p.m.
LeeRoy Clark Center
435 Green Street - Caro
(989) 673-4121



Human
development
commission



If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat [988lifeline.org](https://www.988lifeline.org)

TBHS Emergency Services is Available 24/7 if someone is in Crisis by calling [800.462.6814](https://www.tbhs.org)



Did you know if you are looking for a community resource, all you have to do is Dial 2-1-1 from any phone and you can access free, confidential help in locating resources 24 hours a day? By dialing 2-1-1 you can get information on: FOOD, HOUSING, CHILD CARE & PRE-SCHOOL, UTILITY ASSISTANCE, COUNSELING RESOURCES, LEGAL AID, MEDICAL & DENTAL, EMERGENCY HOUSING, DISABILITY INFORMATION, SENIOR SERVICES, AND MANY OTHER RESOURCE TOPICS. Dial 2-1-1 of Northeast Michigan (or you can also call 888- 636-4211), You can also use the online 2-1-1 search at www.211nemichigan.org.

OpenAI. "Inspirational Picture Encouraging Artistic Creativity."

AI-generated artwork. DALL-E, 11 January 2024



TBHS IS CALLING FOR ART...

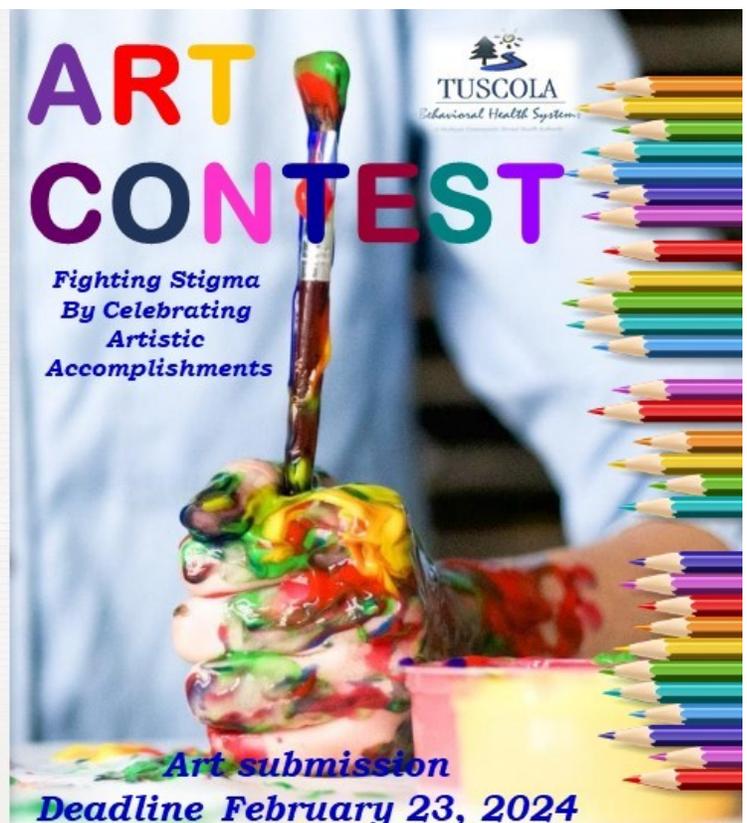
Artists may submit up to two entries of two - dimensional art such as oil, acrylics, watercolor, pastels, pen and ink, drawings, photography, and fabric. No sculptures, please. Artwork must be original and produced by the named artist. No larger than 36 inches wide or tall; no smaller than 11 inches wide or tall. Winners will be selected on overall artistic appeal. Artwork must be appropriate for family audiences and consistent with community standards of good taste.

Who: Current recipient of community mental health services.

What: A regional art contest presented by TBHS in conjunction with the Community Mental Health Association of Michigan. The top winner will become part of the state traveling art show, "Creative Minds...Changing Minds."

Where: Entries may be submitted to TBHS at any location - Attention S. Holder. Consent forms will be requested to be signed and can be located at www.tbhsonline.com - Place 4 Peers section

Questions: Contact Susan at 989.673.6191 or tbhspublicinformation@tbhs.net

A poster for the Art Contest. The title "ART CONTEST" is written in large, colorful, block letters. Below the title, the text "Fighting Stigma By Celebrating Artistic Accomplishments" is written in a smaller, blue font. The background features a hand holding a paintbrush with colorful paint, and a row of colorful pencils. The Tuscola Behavioral Health System logo is in the top right corner. At the bottom, the text "Art submission Deadline February 23, 2024" is written in a blue font.

ART CONTEST

*Fighting Stigma
By Celebrating
Artistic
Accomplishments*

TUSCOLA
Behavioral Health System

**Art submission
Deadline February 23, 2024**

7 healthy New Year's resolutions you can actually keep!!!



The beginning of a new year is a great time to make healthy lifestyle changes, give up bad habits, and improve your well-being. It's no wonder that many Americans celebrate the New Year by resolving to get healthier. The most popular New Year's resolutions include getting more exercise, losing weight, and eating a healthier diet. While only a small percentage of people

actually keep their resolutions, here are some steps you can take to get healthier in the year ahead and achieve your health goals.

1. Lose weight and keep it off

A resolution to lose weight is one of the most important steps you can take toward better health. Losing just five to ten percent of your body weight can help lower your risk of chronic health conditions, such as heart disease, type 2 diabetes, and high blood pressure. While fad diets may help you lose weight fast, you're more likely to experience successful, long-term weight loss if you have a goal of losing about one to two pounds per week.

If you're ready to start shedding pounds, eat healthy food, get regular physical activity, and follow these 10 weight-loss tips that really work.

2. Eat a healthy diet

Healthy eating involves both *what* you eat and *how* you eat. Getting your recommended servings of fruits and vegetables each day is important because fruits and veggies are low in calories and fat, high in fiber, and rich sources of vitamins and minerals. Foods that contain fiber keep you feeling full, which helps you lose weight.

Eating too fast can cause you to overeat, so slow down and chew each bite carefully. Turn off the TV, put your phone away, and enjoy the textures and flavors of the meal. As you eat, it can take your brain up to 20 minutes to get the message from your stomach that you're no longer hungry, so stop eating before you feel full .

7 healthy New Year's resolutions you can actually keep!!!

3. Sit less, move more

If you haven't exercised for a while, going to a gym every day may not be a realistic goal. Making a resolution to simply add more physical activity into your daily life is more attainable. An easy way to become active is to sit less and move more. Park farther away from the entrance to the grocery store, take the stairs instead of the elevator, and exercise while you watch TV.

Any amount of physical activity has some health benefits, so if you have a few minutes, you have time to exercise. Finding time for fitness when you're busy is easier than you may think. If you have limited mobility, find out how to exercise in a chair.

As you become more physically active, you'll start to feel better over time—and you won't feel quite right if you go back to your old ways.

4. Schedule an annual checkup

Seeing your primary care doctor each year and taking advantage of your preventive care benefits can help you stay healthy. Regular checkups and preventive screenings allow your doctor to identify minor health issues before they become bigger problems. And treatment is often more effective when an illness is detected early.

Be sure to **visit your doctor each year for a regular checkup**, even if you feel healthy.

5. Take steps to reduce stress

Learning how to manage stress is an important part of taking care of yourself and maintaining good overall mental and physical health. If your stress is getting out of control, simple activities like practicing breathing exercises, going for a walk, or listening to music can help restore calm to your life. Chronic stress takes a toll on your health and well-being, so explore **healthy ways to relieve stress**.



6. Get more sleep

Good quality sleep boosts your immune system and promotes emotional wellness by giving your mind time to rest and recharge. Establishing a relaxing bedtime routine, limiting screen time before bed, and creating a quiet sleep environment can help you get the sleep you need. If you suffer from insomnia, take steps to reduce stress and follow these **9 tips for better sleep**.

7. Create a plan to stop smoking

Smoking harms nearly every organ in the body and is the leading cause of preventable death in the United States. Smokeless tobacco causes cancer of the mouth and can lead to nicotine addiction. If you use tobacco, make a plan to quit. Your doctor or healthcare provider can refer you to local resources and help you **create a quit plan that is right for you**. If you have tried to quit but started smoking or chewing tobacco again, here are **5 ways to resist tobacco cravings** that can improve your chances of quitting for good.

How to keep your New Year's resolutions

Following through on your New Year's resolution is challenging. You're more likely to succeed if you set goals that fit your lifestyle. Creating healthy new habits takes time and energy.

Be specific. Rather than saying you want to lose weight, define exactly how much weight you want to lose. (Remember, a healthy goal is to lose one to two pounds per week.) Don't just say you want to exercise more—make a commitment to exercise for 30 minutes, five days a week. If you need help defining a specific health goal for the new year, work with your doctor or healthcare provider to create a plan. Your doctor can also make sure you have the resources you need to make it happen.

Be realistic. If you haven't exercised in years, resolving to start training for a marathon isn't realistic. If you rarely eat vegetables, rather than making a commitment to eat five servings of vegetables every day for the rest of your life, try adding one serving of a fruit or vegetable to a meal each day. Work your way up to five servings per day over the course of the year.

Track your success. If your goal is to be more active, a wearable fitness tracker can help you stay motivated. If you want to stop smoking, keep track of how much money you have saved by not buying cigarettes.

Don't let perfect be the enemy of good. You don't have to be perfect. If healthy eating is your goal, that doesn't mean you have to give up all of the foods you love at once. Try making one or two small changes at a time. Allowing yourself the occasional salty snack or piece of chocolate can actually help you stay on track and achieve your long-term goals.

Celebrate your milestones. Break your overall goals into smaller items, and reward yourself for each step you accomplish. Join an online support group. Get a hug from your spouse or child. Or treat yourself to a massage.

Making a healthy New Year's resolution focused on your well-being is an important first step. Following these tips can help make sure you stay on track toward becoming a healthier, happier you.

Source: <https://www.apwuhp.com/7-healthy-new-years-resolutions/>

*Recovery is a Process,
Not a Destination
unknown*

Benefits of **QUITTING SMOKING**



Stop smoking, and within ...

20 minutes

Your blood pressure, pulse rate, and body temperature all return to normal.

8 hours

Your blood carbon monoxide level drops, and your blood oxygen level increases to normal.

24 hours

Your chance of having a heart attack decreases.

48 hours

Your nerve endings start to regrow, and your ability to taste and smell greatly improves.

72 hours

Breathing becomes easier, and your energy levels increase.

2–12 weeks

Your circulation improves, walking gets easier, and your lungs begin to work better.

1–9 months

Coughing, sinus congestion, fatigue, and shortness of breath all decrease.

1 year

Your added risk of getting coronary heart disease is half that of a current smoker.

5 years

Your risk of getting cancer of the mouth, throat, or esophagus is cut in half. Also, your risk of a stroke starts to become the same as that of someone who has never smoked.

10 years

Your risk of lung cancer is about half that of a smoker, and your risk decreases for cancer of the bladder, cervix, kidney, and pancreas. Your risk of having ulcers is also reduced.

15 years

You have the same risk of dying as a person who has never smoked. The same is true for your risk of getting coronary heart disease.

Plus ...

If you're pregnant and stop smoking early in pregnancy, your risk of having a baby born too small drops to normal. Your baby is also less likely to have other problems caused by smoking.

Quitting Really *IS* Worth It

Quitting smoking is the greatest single step you can take to improve your health. It doesn't matter how long you've been smoking, how old you are, or how bad your health is—quitting smoking has major and immediate benefits for everybody.

Talk to your healthcare professional about making a plan to quit smoking. Quitting smoking can be difficult, but millions of former smokers have done it successfully, and you can, too!