

TBHS RECOVERY TODAY

TBHS Consumer Newsletter

December 2017

Exciting Moments By Helen

Hearing Good News!

You Get a Puppy for Christmas!

Your Boyfriend Proposes!

You're 20 and Not Teenager Anymore!

Graduating High School!

Your First Job!

Becoming a Grandparent!

Getting Your Driver's License!

Buying Your First Car!

Finally Getting Your Own House!

Getting a New Cell Phone!

*"In the bad times, choose
to be stronger. In the
good times, enjoy fully.
In all times, choose to be
Grateful"*

- Unknown

Newsletter Submissions:

Do you have a story you would like to share? How about a recipe? A poem? Artwork? TBHS Recovery Today is looking for articles from **YOU** to publish in the quarterly newsletter. Please see your case manager or therapist for more details. If your article is featured, you could win a \$10 Walmart gift card!

The Law of Attraction

There is an idea popular among some people while rejected by others. It is the “Law of Attraction.” The law simply states that what you focus on is drawn into your life. Positive thoughts bring positive things and negative thoughts bring negative things.

Rather than discuss whether or not this belief is valid, let’s examine the effectiveness of positive thoughts. If a person strives to be happy, it stands to reason they are usually thinking happy thoughts. Have you ever met a happy person who was always negative? The two do not go together. Thinking happy thoughts makes us feel better.

So where could a person begin to change from always being negative? Step one is controlling the lips. Stop saying negative things about other people and situations. Focus on the positive things about yourself and others. Step two is changing the thoughts. While at times this can be difficult, it gets easier with practice. It takes time and a little patience. Think positive!

Changing negative thoughts and nurturing positive thoughts can bring about great changes. It can change someone’s entire outlook and tremendously improve the way we feel.

Article by Anthony (Inspired by My Guru)



Events

12/14/17

Peers for Peers
December Meeting
5pm to 7pm at PIC

12/20/17

TPC Christmas
Celebration 11am at
Caro American
Legion

1/12/18 & 1/26/18

CPR and First Aid
9:00am - 3:30 pm
(Please contact
Susan Holder to
register)
(989)673-6191

1/17/18 & 1/24/18

Mental Health First
Aid at Senior
Commons 1pm-5pm

A Sanctuary In The Heart Of Downtown By Debora Dehmel

Tuscola Peer Center (TPC), located at 191 N. State St. in downtown Caro, is a drop-in center that promotes mental healing for our local residents.

TPC is a warm, safe haven in which our members can be off the streets. We work to destigmatize mental illness and focus on recovery. TPC is a safe place for interaction and friendships. Our peer support team understands the journey of those who walk through the door. Members feel supported, and that their problems can be resolved.

We offer euchre tournaments on Friday at 6:30 pm. Outings have included fishing, bowling, camping and many more activities for members to participate. The gym is open to us 10am Monday thru Friday. At the American legion hall, on December 20th we will host a celebration for Christmas. TPC is open from 8:30am until 10pm Monday, Wednesday, and Friday; Tuesday and Thursday from 6pm until 10pm.

We welcome community support as we offer services to help those in need. For more information on services and activities, staff can be contacted by phone during business hours at (989) 673-0273.

ART CONTEST

for Consumers!

ENTER YOUR 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; artwork must be no taller and wider than 36 inches; no sculptures, please. Winners will be selected on overall artistic appeal.

Who: Any consumer receiving services through one of the Community Mental Health Service Providers; no age limit.

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

When: *Art Contest Deadline: Friday, February 16, 2018*

Where: Entries may be submitted to Tuscola Behavioral Health Systems at any of the site locations. Additional forms located at www.tbhsonline.com.

Why: To help de-stigmatize mental illness, developmental disabilities, and substance use disorders by showcasing the talents of people who use CMH services and to highlight the recovery potential of the arts.

For an official entry form or more information contact:

*Susan Holder at TBHS
989.673.6191 or 800.462.6814*

Fighting Stigma by Celebrating Artistic Accomplishments



Winter Fun



Z R Z N F G B V D C L C J G M J C E W W
 X C K R N I L N Y Z K L E M N S J G E E
 S L W I Y B J I E Z B S D F S I Q K V R
 M N I C F G W U W S Q N I Z E Z T H D U
 Y K O D Z M N X K J R O D U D C B A P A
 S M W W J N A L M A Z W D U Z U D A K Z
 C P Q J M K L Z A R F S M K E E J Q X S
 T K H X F O A X Z K O H F Q B Y F J C N
 U Z G Z N L B C Y O T O Y G N C C S N A
 P K J P W Y W I X W L E H C E A N C I H
 T D P R I M O W L S U I T L M O X M Z W
 H O C K E Y N K F I K N L J W I N Z D E
 S N O W B O A R D I N G Q B O Y S E P I
 H T U D A D L W U D U G A C N P M X P A
 V I A O E P O C O P Y L S N S R J D N S
 B O K D G N I D D E L S U M Q X S J J R
 L A W I D Q C G O S J F R T Y L H H Q O
 J A S B N E X M U B K U K T W E I Z Q R
 Q D D M O G J N J B T B W M X M A V S V
 F A E I J G B D Q M V B V L H T V P U O

HIKING HOCKEY SNOWBALLS SNOWBOARDING

SNOWMEN SNOWMOBILING SNOWSHOEING

SKATING SKIING SLEDDING



The 12 Ways to Health Holiday Song



1. The **first** way to health, said the CDC to me
Wash hands to be safe and healthy.
2. The **second** way to health, said the CDC to me Bundle up for warmth, and wash hands to be safe and healthy.
3. The **third** way to health, said the CDC to me
Manage stress, bundle up for warmth, and wash hands to be safe and healthy.
4. The **fourth** way to health, said the CDC to me
Don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
5. The **fifth** way to health, said the CDC to me
BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
6. The **sixth** way to health, said the CDC to me
Fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
7. The **seventh** way to health, said the CDC to me Get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
8. The **eighth** way to health, said the CDC to me
Get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
9. The **ninth** way to health, said the CDC to me
Monitor the children, get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
10. The **tenth** way to health, said the CDC to me
Practice fire safety, monitor the children, get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
11. The **eleventh** way to health, said the CDC to me Prepare dinner safely, practice fire safety, monitor the children, get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.
12. The **twelfth** way to health, said the CDC to me Eat well and get moving, prepare dinner safely, practice fire safety, monitor the children, get your vaccinations, get exams and screenings, fasten belts while driving, BE SMOKE-FREE, don't drink and drive, manage stress, bundle up for warmth, and wash hands to be safe and healthy.

The Facts On Schizophrenia

Schizophrenia is a psychiatric disorder that affects about 1% of the population. The disorder is usually long-term and can affect behavior, thinking, feelings, and functioning. Symptoms include delusions (beliefs held with strong conviction despite superior evidence to the contrary), hallucinations, and bizarre behaviors, as well as apathy (lack of feeling, emotion, interest, and concern), social withdraw, and lack of pleasure. Some symptoms of schizophrenia reflect a loss of contact with reality so it is sometimes call a psychotic disorder.

Schizophrenia is *not* a “split personality” or a “multiple personality”; this is a common misconception. Nor is it the same as drug induced psychosis, although it may be triggered by substance use, especially drugs. Hallucinations do not necessarily indicate schizophrenia either. For example, people under the influence of drugs as well as people with bipolar or major depression may experience hallucinations. Most hallucinations associated with schizophrenia are auditory, such as hearing voices, although other types of hallucinations also occur.

There are many effective treatments for schizophrenia, including medications, therapy, and rehabilitation programs. Also, family psychoeducation programs are helpful for teaching people and their relatives about the disorder, how to manage it, and how to reduce stress and conflict.

Source: bhevolution.org

PEER WELLNESS COACH CORNER

Could it be seasonal depression?

If you notice that holiday blues come back year after year, you might have seasonal affective disorder, or SAD. It is linked to decreased exposure to daylight, so it's common in the darker months of late autumn and winter. Unlike holiday blues, SAD usually extends well beyond the holidays and lifts in spring, when the days get longer.

SAD may cause:

- Symptoms of depression such as fatigue, low self-esteem, loss of interest in normal activities, and withdrawal from family and friends
- Weight gain and cravings for carbohydrates, especially sweet and starchy foods
- Oversleeping or trouble waking up in the morning

If you have these or other symptoms of depression, talk to your doctor. Getting outside in the light more or sitting by a window may help with mild symptoms. A special light box is usually effective for more severe symptoms.

https://www.uhctools.com/assets/prebuilt_nl_holidays

Contact Us

For information, e-copy of the newsletter, or to possibly have your article featured in TBHS Recovery Today contact:

Tuscola Behavioral Health Systems
323 N. State Street
Caro, MI 48723

(989) 673-6191

Visit TBHS on the web at
www.tbhsonline.com

Winter "Blahs"

Tips for dealing with the winter "blahs":

1. Increase exposure to natural light. This can be done by getting outside more often or opening your shades.
2. Exercise. If you take a daily walk outside, you will also be exposing yourself to natural light while exercising at the same time.
3. Ask for help. Talk to friends, family, or your mental health worker.
4. Eat a healthy diet.
5. Plan fun activities. This could even include helping others.
6. Practice mindfulness or relaxation techniques.
7. Develop a daily routine and stick to it.
8. Remember that spring is just around the corner!