

FMHS CHAT

FMHS Ex. Directors

Susan Elke, President

Bev Drake, V.P.

John Mayer, Secretary

Sue Heth, Treasurer

MERRY CHRISTMAS

My Christmas Wish to you—“May the light of Christmas make your season extra bright!”

Excerpts from “Achieving Balance in Your Life”, by Elaine Hruska is a good reminder that there is a wide variety of treatments to restore balance and maintain balance. (Pg 2)

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SAVE THE DATE--The Board invites you to attend our annual **Christmas Party** December 9th, 5:30pm. The llamas are planning to attend in their Christmas outfits! (Thanks to the Llama Leader 4-H Club!) Elvis may make a surprise visit, too! Just a reminder that all meetings are at the First Baptist Church on the corner of Fayette and Banker.

The office has become a friendly living room-type setting in which to relax, play games, visit and/or discuss resources. Please feel free to stop in and say, “Hello”. At this time, hours will be: Tues. 10–2pm. Remember that we are volunteers. If this is an issue dear to your heart, please call Sue at 217–821–7737.

ACHIEVING BALANCE IN YOUR LIFE

Elaine Hruska, MA

(Excerpts)

How do I know when I'm out of balance? The answer usually arises when we realize we've overdone some aspect of our lives—for example, working long hours and burning the proverbial midnight oil. We become aware we've reached a state that is overwhelming—in this example, as a workaholic—that we've gone too far in one direction to the detriment of another. That's when we decide we need to pull back or take it slower to return to balance. Awareness of imbalance usually precedes the decision to restore balance.

The next decision might consist of a recipe for finding balance, including giving up some activities, paring down other activities, or figuring out what to leave off for now. When finding yourself overcommitted, you may find that you become immobilized—unable to do anything except worry about the situation. I found myself overcommitted several years ago. I finally decided I'd tackle one item—making a poster. I had purchased the posterboard and had an idea of what to put on it. To my surprise, I completed it in less than thirty minutes, but had assumed it would take much longer. I calmly and easily completed the next project as well. My attitude and mood became entirely different.

Edgar Cayce talked about the importance of balance. He explains: “For there must be perfect coordination in body, in mind, in purpose, in spirit; if there are to be the greater abilities, the greater accomplishments, mentally, materially, and physically. Engage in constructive activities that have to do not so much with the thought of self as the thought of help and hope that may be brought to others.

Living a life of balance can be a challenge, but it is definitely worth the growth in our experience as we seek to fulfill our life's purpose here on earth.

**IF YOU DON'T KNOW YOU HAVE A POSSIBILITY, YOU
ARE UNLIKELY TO ACT ON IT.**

By: Richard Gordon



HOW PREVALENT ARE MENTAL HEALTH ISSUES?

Thanks to Web MD

If you have questions for Janet, forward them to: familymhs2020@gmail.com

Mental illness is far more widespread than most people realize. According to the National Alliance on Mental Health (NAMI), 1 in 5 Americans – 43.8 million, or 18.5%, experience mental illness in a given year. On top of that, 1 in 25 American adults will experience a serious mental illness that significantly interferes with or limits one or more major life activities. A 2016 study by JAMA Internal Medicine, revealed that 1 in 6 people have taken a prescribed psychiatric drug at least once. 300 million people globally suffer from depression, an increase of 18% over the last decade.

A FUNNY TWEET

THE *TWELVE DAYS OF CHRISTMAS* IS COMPLETELY UNREALISTIC.....THERE IS NO WAY THAT YOU'RE STILL ACCEPTING GIFTS FROM SOMEONE AFTER FOUR DAYS OF BIRDS!!!



NACHO DIP

- 1 lb. hamburger
- 1 can chili without beans
- ½ cup taco sauce
- ½ lb. Velveeta cheese

Brown hamburger, drain. Add remaining ingredients. Serve with nacho chips. (Thanks to Effingham Cty HCE/Mary Beth Hoene)

REMINDER

**The FMHS Office is open on Tuesdays from 10-2pm.
Anyone in need of resources, education, or encouraging support are welcomed.**

"FMHS was founded in 2020 with a goal of providing family support through meetings, educational resources and personal experiences."

AREA SUPPORT GROUP MEETINGS

Effingham FMHS meets monthly—2nd Thurs. 5pm-7 Location: First Baptist Church, 213 W. Fayette Ave., Effingham IL 62401

Mattoon Family Support Group meets weekly – Wed. 1-2pm
Location: Lifelinks North Bldg., 750 Broadway, Mattoon, IL NAMI AFFILIATED

Tuscola Family Support Group meets monthly 4th Thurs. 7-9pm
Location: United Methodist Church, 901 N Prairie, Tuscola, IL NAMI AFFILIATED

ZOOM—Team of Mercy Support Group (For those who have suffered a suicide loss.) Meets weekly at 5:30pm. To join the group, call Sue Yarnell at: 217-259-2550.

Grace Support Group, (Richland County) For information, contact: Cynthia Utley at: 618-783-1198.

New readers can send a request with their email address to:

familymhs2020@gmail.com

We will be having our own Website soon...so again, be patient with us as we grow our FMHS roots in our area. We are dedicated to improving the lives of individuals and families affected by mental illness.

**COMING SOON!
A NEW LOGO IS BEING DEVELOPED FOR FMHS**

A HEARTFELT THANKS

To FMHS Volunteers who have been helping to man the FMHS office, watering plants, dusting, mail pick up & repairs, too!!:

*Janet Strange, Sue Yarnell, Maria Soutar,
Janice Garry, Susan Elke & John Mayer*



In Kind Donations: Monthly Phone Service/Sue Heth

Thanks to supporters: Carol Johnson/Chuck Suttle (monetary donation), Silk Purse (for games and books)

Long Term supporters: 100+Women Who Care, Kobaltd Foundation



**FMHS
CHRISTMAS
ROCKING HORSE
RAFFLE**

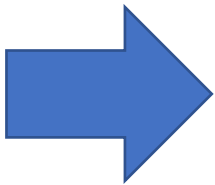
A light brown wooden rocking horse, approximately 35 years old, is being raffled as a Christmas fundraiser for FMHS. It was handmade by Eric Kinkelaar and refurbished by Chuck Suttle. The horse is on display at the FMHS office. Tickets are \$1 each, 6 for \$5, or 12 for \$10. The drawing will end on December 17 in time for a Christmas ride by your favorite youngster—or a nice decoration.

NOVEMBER MEMBERSHIPS

Carol Johnson

Chuck Suttle

***“CHRISTMAS IS A SEASON
NOT ONLY OF REJOICING
BUT OF REFLECTION”***



\$10 ANNUAL MEMBERSHIP

(A WAY TO SHOW SUPPORT FOR FMHS)

NAME: _____

ADDRESS: _____

EMAIL: _____

(EMAIL will be used to send FMHS CHAT (newsletter))

Phone: (optional) _____

Checks can be sent to: FMHS, PO Box 1726, Effingham, IL 62401

***PLEASE KNOW THAT MEMBERSHIP IS NOT A REQUIREMENT FOR
PARTICIPATION IN ANY FMHS SPONSORED ACTIVITIES.***

10 MEDICAL CONDITIONS THAT CAN CAUSE DEPRESSION AND ANXIETY

Submitted by: Jane Helmink

Accord to Jonathon Otto, there are 10 medical conditions that can affect depression and anxiety. An integrative doctor or functional medicine can be of help with these medical conditions. They can do thorough bloodwork and prescribe prescriptions and supplements.

1. **Mold illness/lyme disease (check home and workplace)**
2. **Fungal infections and other infections**
3. **Parasites and toxoplasmosis (caused by cats). Toxoplasmosis can cause suicidal thoughts and hallucinations.**
4. **Mercury fillings**
5. **Leaky gut**
6. **Hormones that need balancing**
7. **Genetic Mutations (such as the MTH/FR genetic mutation)**
8. **Thyroid disorders**
9. **Heavy Metal Toxicity**
10. **& Nutritional Deficiencies**

Please seek the help that you need in order to feel better and lead a healthy life.

FISH CHRISTMAS DINNER

All persons from Effingham County are eligible, and invited, to have a FREE Christmas dinner delivered or picked up on December 25, 2021. Anyone interested should sign up starting Dec. 1 by calling Susan Elke at 217-868-5913. (Pick up will start 11-12. Deliveries 10-12)

MEMORIAL DONATIONS

Mary Beck

By: Sue Heth

Susan Kaufman

By: Sue Heth