

FMHS CHAT



HAPPY VALENTINE'S DAY!

FMHS Officers

Susan Elke, President

Bev Drake, V.P.

Maria Soutar, Secretary

Sue Heth, Treasurer

January seems to have flown by. I definitely can remember colder Januarys, but it's nice to be another month closer to Spring!

As you remember those you love this month, be sure and be kind to yourself also. With the cloudy days of winter, it can be easy to forget about how important YOU are and what you have to offer to make our world a better place. It starts with a smile!

John and Donna Mayer have resigned from our Board. They will be greatly missed. Of the original members from the Steering Committee, I think I'm the last one left. Thankfully, they will remain active members and supportive of the monthly FMHS Support Group. We wish them the best, and are grateful for the many years they have provided essential support for FMHS and NAMI. As they leave, we are welcoming Maria Soutar to the Board. Maria is retired and lives in Stewardson with her step-father. She has been active in helping with office coverage as well as helping with the Support Group.

We are expecting to start increasing the coverage days at the office soon from once a week to 3x/week. There will be an orientation for new volunteers, but the main requirement is to be friendly and to respect confidentiality. If you have one day a month to help, or know someone that does, give Sue a call at 217-821-7737 for more information.

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- **Maria Soutar to join the Board**
- **Volunteers needed to work at the office 10-2 one time a month**
- **Book Review: *Unwinding Anxiety***
- **Ask Janet**
- **A Funny Tweet**
- **New Members**
- **Thanks**
- **FMHS MEMBERSHIP \$10**

FMHS Office

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.

UNWINDING ANXIETY By: Judson Brewer

Neuroscientist and psychiatrist, Judson Brewer's new book, *Unwinding Anxiety*, is a good introduction to negative feedback loops and how to navigate them. With almost 350 reviews on GoodReads and an average of 4-star ratings—Dr. Brewer's insight is particularly helpful to those with anxiety and those who support them. Notes that may include:

--Mindfulness is not about stopping, emptying, or ridding ourselves of anything...mindfulness is about changing our relationship to those thoughts and emotions

--Attitude is everything. Trigger: start to struggle, Behavior: think it will be terrible(e.g. fixed mindset). Result: increased likelihood of it being terrible.

--It doesn't matter what triggers the worry or anxiety, **but it does matter how you react to it...the "why" doesn't matter.**

(Thank you to Johnna Schultz, Asst. Director/Effingham Library)

**...THE RAY OF HOPE CAN BE SEEN EVEN THROUGH THE
THICK MIST OF A COLD FEBRUARY MORNING**

Author Unknown



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

How Do I know if I need mental health treatment? (myspsychnetwork.com)

Due to stigma, fear...many reasons, the sad fact is that many people who need help with mental health issues do not get treatment. There are many people who put it off thinking that it'll get better. Seeing someone early on with regard to mental health concerns actually leads to a quicker, less costly, and less invasive recovery period. Mental Health questions to ask yourself are:

- 1) Have I been getting quality sleep with regular bedtimes?
- 2) Have I been isolating myself from others at work, friends, or family?
- 3) Do I have more worries or anxiety than usual on a scale from 1-10?
- 4) Have I lost interest in activities and pursuits that usually held my attention?
- 5) Have I felt more sad than happy lately?
- 6) Do I feel at ease with myself and my surroundings?
- 7) Is my life balanced between work, fun, friends, family, self-care, exercise, and other meaningful pursuits?
- 8) Do I have trouble concentrating?
- 9) Have I been experiencing significant mood swings, crying, or thoughts of suicide?
- 10) Am I overly fatigued by the end of the day?
- 11) Have my appetite or eating habits changed recently?

Journaling answers to the above over a period of time can be helpful.

A FUNNY TWEET I was singing, "You Are My Sunshine",

to my 3yo, and he told me he hates that song. I said, "That's a shame, because I sang it to you when you were in my tummy before you were born." He looked me dead straight in the eyes and said, "I hated it then, too!"

REMINDER

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

"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.

MANY THANKS to Nancy Hinton and Judy Klein, representatives of Midland Area on Aging, for the excellent presentation on being a "Dementia Friendly Community". The training was well attended with good participation!

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.

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 & Chuck Suttle*



In Kind Donations: Puzzle/Maria Soutar
Katie Wernsing/llama, Monthly Phone Service/Sue Heth

Donation: Randy Abraham
Trinity Ladies/Trinity Lutheran Church

Long Term supporters: **100+Women Who Care & Kobaldt Foundation**

Advice From A Survivor

HOPE is the one emotion we can control (even) when a cancer/illness is terminal. Hope is the “why” that can keep us going more than medicine, radiation, or chemo. Especially important is to have a reason for being, for loving life. This love can be for a family member, a close friend, a pet, or a cause.

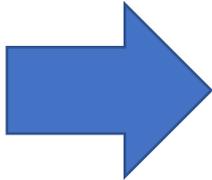
In my depressive moods, which hit with a vengeance, the ray of hope to get me through is usually a small but important gesture, like a phone call from a friend, a card from a family member, my dog putting her face in my lap, or my cat crawling into bed with me. All these things make me feel good. Grab this gesture, seize the day, and never give up HOPE. Try to do the same for others. If one has the “why”, the “how” will happen. Never forget that.

By: Jane Biehl, PH.D.



JANUARY MEMBERSHIPS

Randy Abraham



**\$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.**