



CHAT

Vol 3, Issue 6
June, 2023

FMHS
Susan Elke, President
Bev Drake, V.P.
Maria Soutar, Secretary
Sue Heth, Treasurer

*Hello JUNE
MAY THE MONTH
AHEAD BRING YOU
LOVE, HAPPINESS, AND
SUNSHINE!*

INSIDE THIS ISSUE

- Happy Father's Day!
- **Veteran's Group**
June 8 & 22,
- **Recipe:**
Watermelon Salad
- Heartfelt Thanks
- In-Kind Contributions
- FMHS....2023
Membership Drive
- Ask Janet—
"The Write Way"
- "Chosen" to restart
in the fall—watch for
dates.
- **ENDURING
FREEDOM
MINISTRIES**
- 4 Ways to Deal With
Loneliness

HAPPY FATHER'S DAY – Wishing you a special day with lots of good memories.....
Being a dad is 30% patience, 20% heart, and 50% making stuff up! (Smile)

Season 2 of our "Chosen Discussion Group" ended in May. Season 3 will begin in the fall. Watch for the dates.

June is Alzheimer's & Brain Awareness Month. Check out....
www.healthcentral.com/article/things-not-to-say-to-a-person-living-with-dementia

Spend a little time on self-care each day, so you can have a fun and enjoyable summer!

DRAWN TOGETHER

"A Class Act"

By: Mary Ellen Eversman

With children's mental health being highlighted after the Co-vid pandemic, it is an important time for Mary Ellen's book to be released. It is written for elementary age students, and has questions at the back that can be used by teachers or counselors. All of the \$8.50, at this time, goes to help support FMHS. It is available at the FMHS office located at 202 N Banker, Effingham, IL or for \$10, the book can be mailed by calling Sue Heth at 217-821-7737.

WATERMELON SALAD

Thanks to Maria Soutar!

Ingredients:

Mix together: 1 C olive oil, 3 T lemon juice, 2 t kosher salt, 1 t tabasco, ½ t black pepper

1 (8#) seedless watermelon cut into 1 ½" chunks or use melon baller.

½ # (2 cups) feta cheese crumbled, 1 1/4 cup kalamata olives chopped, 1 small sweet onion chopped.

Directions: Gently mix all ingredients and refrigerate.

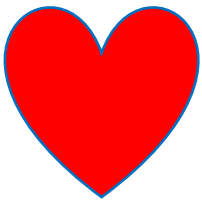
Kindness is contagious,
but the spark has to start
somewhere!

A HEARTFELT THANKS

To FMHS Volunteers, who have been helping man the office, bringing treats to share, watering plants, dusting, mail pick up, and repairs, too!

Janice Garry, Sue Yarnell, Maria Soutar, Susan Elke, Amy & Brad Hibdon, Carol Johnson & Chuck Suttle, & Patty Winn.

A special thanks to Carol Johnson for making a presentation board for FMHS!



In Kind Contribution: Phone Service/S. Heth
Donations: DAVA Ch. 7-- \$ for Veteran's Group
Long Term Supporters:

Paul & Virginia Koboldt Trust,
100 + Women Who Care
United Way of Effingham County

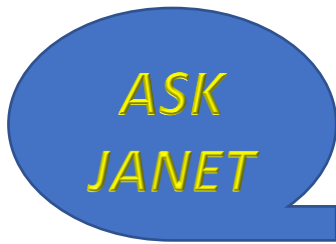
Items needed for the office:

File folders, inspirational books, games

MEMORIAL DONATIONS

CHARLIE McCOY

"We remember your life, and celebrate the memories"



If you have questions for Ask Janet, forward them to:
info@familymentalhealthsupport.com

“The Write Way”
 Rachel Hatcher

Journaling is an age-old pastime, and research continues to showcase the long-term emotional and mental benefits. A 2018 Penn State College of Medicine study states that expressive writing clinically benefits patients with autoimmune disorders, asthma, and arthritis. Other positive effects include reduced depression symptoms, sharpened memory, fewer medical appointments, and decreased stress.

Although you can set your own time limit, it is recommended to write at least 15 minutes three times a week. Find a quiet place without distractions.

Types of Journaling include:

STREAM OF CONSCIOUSNESS: Write whatever comes to mind.

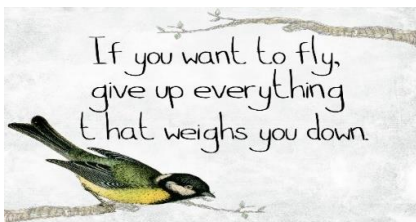
BULLET JOURNAL: A bullet journal offers both an organizational and creative outlet. You can customize a blank journal to include calendars, musings, lists, whatever you want.

HOBBY JOURNAL: Hobbies and interests outside of our daily routines help keep us curious, making them great topics for journals.

HEALTH JOURNAL: Writing down the details of your health journey, such as daily exercise and diet, can help keep you accountable.

SEASON-OF-LIFE: If you’re in a new life stage, like retirement or recovery, a season-of life journal can help you cope during a transitional period.

Try journaling for a few days and see how you feel.



INSPIRATIONAL STUDY

An Inspirational Study Group is being held monthly at the FMHS office on the fourth Tuesday of the month, 1-2pm. The June meeting will be June 27th. Discussion will be on patience....that’s not always easy!! Hope to see you there!

JUNE SUPPORT GROUP

The FMHS next support group will meet on June 8th, 5:30-7pm at the First Baptist Church, 213 W. Fayette, Effingham, IL.

2023 Membership Drive

Family Mental Health Support is financially supported by grants, memberships, and fundraisers. A \$10 membership is a way individuals can provide support toward our efforts to help families struggling with mental health issues. (All services are free, there is no paid staff. FMHS is an all-volunteer program.)

What makes you a man, you ask?

It is not the ability to make a child, but the courage to raise one!



ENDURING FREEDOM MINISTRIES
EVERYTHING IS FREE ...BRING BAGS

304 S. West Street, Shumway.
217-868-5293

June 6th & June 13th from 4 p.m. – 6 p.m. soup kitchen, grocery store, clothing rooms, & hair salon.

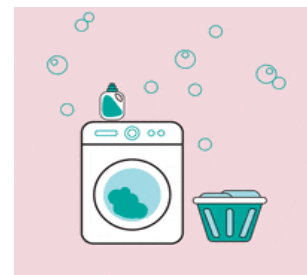
June 14th & 21st from noon -2 p.m. same as above

June 21st is also Reaching Rural Veterans event noon – 2 p.m.

June 24th from 8:30-noon same as above

Laundromat open Tues, Wed, Thur 10 a.m. – 7 p.m.

Detergent and dryer sheets provided.





4 WAYS TO DEAL WITH LONELINESS ... when you have depression

By [Julia Métraux](#)

Medically Reviewed by [Allison Young, MD](#) of [American College of Lifestyle Medicine](#)

For people with [depression](#), going out and interacting with others — even loved ones — may feel overwhelming or even impossible. But isolating from others can cause more problems for you, including feelings of [loneliness](#), according to the [Centers for Disease Control and Prevention \(CDC\)](#).

Depression and loneliness appear to reinforce each other. The social withdrawal that often happens with depression can make you feel lonely, and that loneliness can lead to new or worsening depression, says the licensed psychologist [James C. Jackson, PsyD](#), a research professor of medicine at Vanderbilt University Medical Center in Nashville, Tennessee. Along with social withdrawal, other [symptoms of depression](#) like persistent feelings of sadness, emptiness, and hopelessness could also lead to loneliness, Dr. Maygren says. These symptoms may result in behaviors that create loneliness.

The good news: While loneliness can be difficult to cope with on top of depression, experts have suggestions for when depressive symptoms make it harder to be social in the first place. Here are four strategies to help you stay connected with others around you.

1. Consider Joining a Support Group

A support group can help you stay connected to your existing friends and relations and meet new people who understand what you're going through, according to [Mental Health America \(MHA\)](#).



2. Try New Social Activities

Getting out of your comfort zone and trying something new can be hard, especially if you find social interactions intimidating. But, finding a new activity that's fun for you and helps you connect with others can quell feelings of loneliness. If it is hard to go alone, invite a family member or friend to join you.

Some potential social activities to try, adds Maygren, are:

- Classes at a community center, such as cooking or foreign language, that promote interaction with others
- Book clubs—the local library can be a good resource!
- Exercise classes. Along with helping you feel less lonely, [exercise](#) in general is known to lift depressive symptoms.

3. Connect With Loved Ones

More one-on-one social interactions might be beneficial for people experiencing both depression and loneliness, say Jackson and Maygren. “Connection, after all, can be an antidote to both loneliness and depression,” adds Jackson. “[Take time to call](#) one additional friend or family member each day that you were not planning to talk to.” This way, people can practice engaging more socially with people they already know and trust. [Video chatting](#) may be especially helpful for people who aren't able to leave home as often.

4. Tell Your Therapist if You're Struggling With Loneliness

If you see a therapist or another mental health professional for depression, be open with them about how loneliness is affecting you. They can help you find ways to reduce loneliness and the impact of certain maladaptive behaviors linked to loneliness, such as social withdrawal, says Maygren.

***“The loneliness you feel is actually an opportunity
to reconnect with others and yourself.” —Maxime Lagacé***