



CHAT

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August, 2023



FMHS

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Bev Drake, V.P.
Maria Soutar, Secretary
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Aug 10 & 24, 10am
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August 8!

Wow! It's been a great summer—some lazy, some hazy (hello Canadian fires!), and a lot busy! How can school be starting already? It seems like schedules become a little more structured after school starts—even when I no longer have little ones!

September's **Annual Picnic** will be here soon! Mark your calendars for September 14th at 5:30pm at the Red Topped Pavilion located at: 1110 Pelican St., Effingham, IL. If able, bring a dish to share.

There are still **DRAWN TOGETHER—A CLASS ACT** books available. \$8.50 or \$10 if you request them to be mailed. All proceeds benefit FMHS!

INSPIRATION GROUP has been changed to August 8th...please note the date!

Aug. 7: National Friendship Day, Aug. 15:
National Lemonade Pie Day, Aug. 17:
National Nonprofit Day—Yay FMHS!

DRAWN TOGETHER

"A Class Act"

By: Mary Ellen Eversman

With children's mental health being highlighted after the Covid 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. The book cost of \$8.50 all 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.



Thanks to Sue Heth

Stir (by hand) one can of sweetened condensed milk into a large container of whipped topping (ie. Cool Whip).

Fold in frozen Lemonade Concentrate (by hand).

Pour into a graham cracker crust.

Refrigerate a few hours before serving. Enjoy!

A large, blue, cloud-like thought bubble with a smaller bubble at the bottom left. The text inside is in a white, bold, sans-serif font.

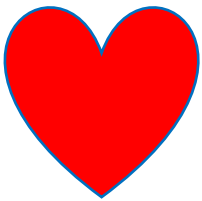
**KEEP YOUR FACE ALWAYS
TOWARD THE SUNSHINE
AND.....
SHADOWS WILL FALL BEHIND
YOU!**

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 Maria Soutar for her help with the FMHS "Anti-Depression Kit handouts"



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: roll of stamps,
inspirational books, games, coffee**

MEMORIAL DONATIONS

"We remember your life, and celebrate the memories"



If you have questions for Ask Janet, forward them to:

info@familymentalhealthsupport.com

(excerpts from)

“Getting A Handle on Bipolar’s Irritability & Anger”

By: Andrea Paquette

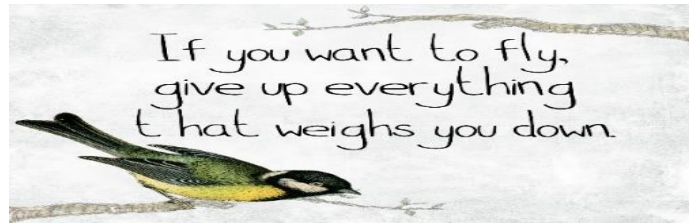
AVOIDING CAFFEINE, DODGING LINES, AND REMEMBERING TO TAKE BREAKS WHEN WORKING ARE SMALL WAYS YOU CAN MANAGE BIPOLAR D/O IRRITABILITY BEFORE IT GRABS A HOLD OF YOU!

Irritability is an ongoing issue for most diagnosed with bipolar d/o. Paquette says that even a minor occurrence can throw her off her game, leaving her frustrated and upset. She states that “coffee” is not a friend of bipolar d/o, and even a single cup can tip her brain into an irritable mode. She drinks water instead.

TIPS FOR DEALING WITH IRRITABILITY...It’s impossible to just ‘snap out of irritability’, just as one can’t instantly overcome depression or mania. She does have tips to ease an irritable mood.

- . Avoid busy places, line ups, and driving...because it may add fuel to your irritability. Consider asking a friend to run errands that may involve waiting.
- . For ladies with PMS, ramp up your self-care routine to ease PMS symptoms, which will help calm your irritable mood.
- . Avoid tasks that involve lots of stimulation, as they may cause distress.
- . Your shower or bathtub is your sanctuary. When your mind races and your temper flares, immerse yourself in warm water for at least 15 min. to help calm down.
- . Engage in physical activity....even if it’s a short walk around the block....to relieve tension.
- . If you are working, take breaks when irritability starts to rise. Find a comfy chair, spend time reading, or simply closing your eyes for a few minutes.
- . Stick to a regular schedule—aiming for 7-8 hours of shut-eye at night with very few naps during the day.
- . Irritability can affect concentration. It irritability starts to creep in while doing a complex task, try cleaning your house (as an example) until you calm down.
- . Take a deep breath and be mindful of your surroundings when your thoughts spiral out of control.
- . When you’re seeing red, it’s easy to lash out and hurt others’ feelings. It may be best to spend time alone until the irritability subsides.

Although irritability is a symptom of bipolar d/o, if you find yourself feeling irritable all the time, discuss this concern with your doctor. Irritability doesn’t have to overtake you, because we all possess the power to manage it by applying self-management strategies....even when it feels impossible.



AUGUST INSPIRATIONAL STUDY HAS BEEN RESCHEDULED TO AUGUST 8TH, DUE TO SUE'S TRAVEL SCHEDULE. HOPE TO SEE YOU THERE! WE WILL START A STUDY ON FORGIVENESS.

INSPIRATIONAL STUDY

An Inspirational Study Group is being held monthly at the FMHS office on the fourth Tuesday of the month, 1-2pm. (Note change) The August 8TH meeting discussion will be on "Forgiveness". Everyone is welcome. Hope to see you there!

AUGUST SUPPORT GROUP

The FMHS next support group will meet on Aug. 10th, 5:30-7pm at the First Baptist Church, 213 W. Fayette, Effingham, IL. All ARE WELCOME!

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'S BLACK & WHITE AND RED ALL OVER?

Answer: A zebra with a sunburn

The CHOSEN

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“The Chosen” Discussion Group
Family Mental Health Support office
202 N. Banker St.
Effingham, IL

+Tuesdays, 4 p.m. – 5:30 at / center
+Sept. 19th & Sept. 26
+Oct. 17th & Oct. 24
+Nov. 21st & Nov. 28
+Dec. 5th & Dec. 19

-Use of **Season 3 -DVD** and discussion guides; **8 episodes**
-This historical drama introduces a very authentic Jesus and the calling of his initial disciples, who develop in character and reveal their own authenticity!
-Class is free, but signing up is encouraged, to help us accommodate seating and materials!
(217-240-2330) FMHS

-Discussions Sessions led by Rev. Carol Johnson