

Mental Health America of Jackson County

Special points of interest:

- Making the Case
- MHAJC Garage Sale
- Mental Health Month
- New board Member
- First Quarter Activities
- Ivy Tech Scholarship
- Upcoming Events

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April 2014

Managing Anger

Anger is a feeling or emotion that ranges from mild irritation to intense fury and rage. Anger is a natural response to those situations where we feel threatened, we believe harm will come to us, or we believe that another person has unnecessarily wronged us. We may also become angry when we feel another person is being threatened or harmed. In addition, anger may result from frustration when our needs, desires, and goals are not being met. When we become angry, we may lose our patience and act impulsively, or violently.

Anger becomes a problem when it is felt to intensely, is felt to frequently, or is expressed inappropriately. Feeling anger to intensely or frequently places extremes physical strain on the body.

During prolonged and frequent episodes of anger blood pressure and heart rate increase and stay elevated for long periods. This stress on the body may produce different health problems such as hypertension, heart disease and diminished immune system efficiency.

Negative consequences may result from expressing anger inappropriately. In the extreme, anger may lead to violence or physical aggression, which can result in numerous negative consequences, such as being arrested or jailed, being physically injured, being retaliated against, losing loved ones, being terminated

from a substance abuse or social service program, or feeling guilt, shame, or regret. Even when the anger does not lead to violence or inappropriate behavior it can lead to the development of fear, resentment and lack of trust toward those who subject them to angry outbursts, which may cause alienation from individuals, such as family members, friends and co-workers.

To break the habit, you must develop an awareness of events, circumstances, and behaviors of others that “trigger” your anger. This awareness also involves understanding the negative consequences that result from anger.

In addition to becoming aware of anger, you need to develop strategies to effectively manage it. An effective set of strategies for controlling anger should include both immediate and preventive strategies.

Immediate strategies include timeout, deep breathing exercises, and thought stopping. Preventive strategies include developing an exercise program and changing your irrational beliefs.

Counseling and anger management classes may also help an individual to develop the skills to reduce their anger.

www.samsa.gov

Mental Health America of
Jackson County

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Agency of the Jackson
County United
Way



MHAJC

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Bob Dembek, Director

MHAJC Garage Sale—April 11—12

The Board of Directors of MHAJC are sponsoring a **Garage Sale on Friday April 11th from 8:00AM—6:00PM, and Saturday April 12th from 8:00AM—3:00PM at the First Presbyterian Church 301 N. Walnut Street in Seymour.** Come and support the program. If you have any items that you would like to donate to MHAJC for the sale please call Bob at 522-3480 or e-mail at mhajc@cabjackson.org

Mental Health Month

May is Mental Health Month. Being healthy does not only pertain to physical health, our mental health is just as important. We will have a display on issues related to mental health at the Seymour Library during May. Our Annual Membership Campaign will help to support our programs: Christmas Gift Lift, 4 socials, I'm Thumbody classes, which supports building self esteem in pre-school age children, support of a speaker on "Bullying" who speaks at the county schools, Family Support Fund, and our other community educational opportunities.

New Board Members

MHAJC is looking for new Board members. We meet 9 times a year on the second Monday of the month at noon. Members support the 4 socials during the year and sponsor a Garage Sale in the Spring a Wreath Sale in the fall. If you would like to help those facing mental illness and developmental disabilities, please contact Bob at 522-3480 or e-mail. at mhajc@cabjackson.org.

First Quarter Activities

Monthly "I'm Thumbody" classes: Making Good Decisions, Honesty, and Being a Good Buddy, newspaper articles on Conflict and Eating Disorders, February Social, 2 Military Mailings, January Newsletter, worked on website, approved Budget for 2014 and approved Goals for 2014.

Ivy Tech Scholarship

In the fall of 2013 the Board of Directors created a \$500 a year scholarship for an Ivy Tech student from Jackson County who was majoring in Addiction Studies.

The Board had identified the need for more services in the county for those facing alcohol or substance abuse.

The first recipient was Toby Terry from Seymour. He is finishing up his Associate Degree.

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Upcoming Events

April - **Alcoholism Awareness Month**

- April 8 - Mardi Gras! ARC of Jackson County Spring Dance, American Legion, 5:30PM
- April 10—Free Walk-in HIV and Hepatitis C Screening , Positive Link, Walgreens in Seymour, 4:00PM—6:00PM
- April 11 –12 -MHAJC Garage Sale, First Presbyterian Church starts 8:00AM both days
- April 12—Schneck Day of Dance, Seymour High School Gym, 7:00AM—11:00AM
- April 14— MHAJC Board Meeting, 12 Noon at the CAB
- April 15—I'm Thumbody Classes at Redding School
- April 16—Mobile Pantry, Anchor House, at First United Methodist Church Back Parking Lot. 10:00AM—12 Noon
- April 21—Free Meal, Community Diner, at Seymour Community Center, 5:00PM—7:00PM
- April 24—I'm Thumbody Classes Head Start
- April 26—Kid's Fest—Seymour High School Gym, 10:00AM—1:00PM
- April 29 - Transition Fair, Jackson County Transition Council, American Legion, 5:30PM—7:30 PM
- ### May- **Mental Health Month**
- May 12—MHAJC Board Meeting, 12Noon at CAB
- May 13—Jackson County United Way “Day of Caring”
- May 16—Free Meal , Community Diner, at Seymour Community Center, 5:00Pm—7:00PM
- May 18—Mobile Pantry, Anchor House, at first United Methodist Church Back Parking Lot
- June 10 - MHAJC Bowling Social