

# Mental Health America of Jackson County

P.O.Box 51  
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## *What's Going On* TIPS FOR REDUCING STRESS

These tips can be adapted to a variety of situations; college life, parenthood, volunteer activities, the workplace and so forth.

- Get up on time, so you aren't rushed.
- Understand what is expected before starting a project.
- Minimize interruptions especially if you need to concentrate.
- Get help when needed or delegate less important chores and tasks.
- Get organized so you can find things quickly.
- Remind yourself of your accomplishments rather than concentrating only on what hasn't been done.
- Alternate mental and physical tasks, if possible, to save energy and reduce fatigue.
- Look positively at change, instead of fearing it.

- Look back on a crisis as a learning opportunity.

Keep in mind that stress will not disappear completely from our hectic lives. Relieving stress takes time, so it's an ever changing process. Some stress-reducing techniques may work better for you than others. When your stressors change, change your strategy for dealing with them, if necessary.

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### Spotlighting a MHAJC program

One of our projects throughout the year is to provide to the public information on the many areas of mental illnesses. Many times this is done through newspaper articles, however, we are ever present at HEALTH FAIRS. Twice a year, we participate in the Schneck Medical Health Fairs and we also join in with the Disability Fair in March and of course Kid's Fest. Look for our table with supplies

addressing stress, suicide, self-esteem, post-traumatic stress, anger management, grief and many other areas of mental illness. All of our pamphlets are free and often we can research information for you if you are having trouble acquiring specific advice.

Our mission is to provide information to the public on mental illnesses and assist those who are affected by it. Check us out!!!

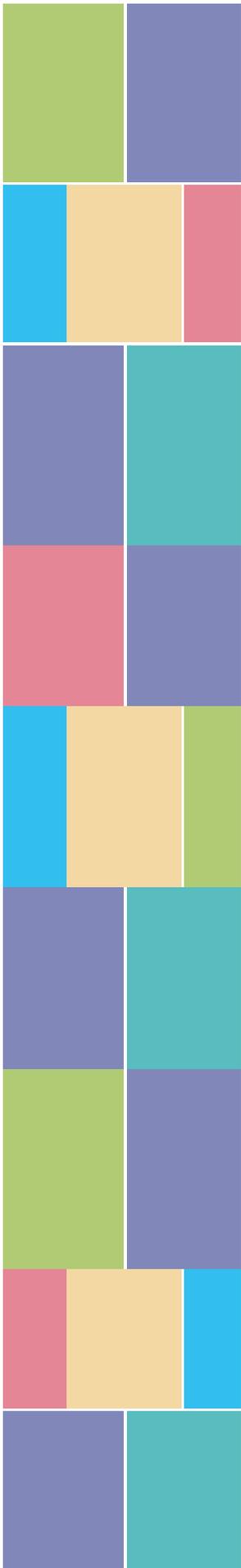
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Meet the Director:

For 6 years, Laura Stahl has been the Director for Mental Health America of Jackson County. She is a retired school teacher, having taught first grade for 34 years. She is married to Jon and they have a son, Jason who is 39.

Her hobbies include reading, bowling, baking, and traveling.

She is thankful for her board members: Vicki Johnson, Carolyn Bruce, Doris Kovener, Libby Roberts, Sandra Turner, Karen Metz, Becky Boas, Dr.



Brenda Smith, and Tom Waldkoetter.

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**OUR CHRISTMAS GIFT LIFT WAS A HUGE SUCCESS!!**

This year MHAJC began their program in July by sending wish lists to the group home clients, asking what they would like for Christmas. Then the search for donors ensued. By the 13th of December, we had successfully filled 185 gift bags which included almost 2000 gifts. Our social was held on Dec. 13th with a chicken dinner provided to the clients. 75 bags were distributed that evening and Laura delivered the other 110 bags the next day. Many smiling faces were seen and thankfulness abounded. Many of the clients have no family so this was their only opportunity to have a wonderful holiday. Thanks to everyone who contributed to our Christmas Gift Lift program. We appreciate the help!!!

***Mental Health America is so grateful for the United Way staff and board members who assist us in our mission. We couldn't do it without their support. Thanks!***

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**Upcoming Events:**

- Monthly I'm Thumbody (building self-esteem) classes for 4 Head Start classrooms and 2 Child Care Network preschools
- February social on the 8th at the Senior Citizen's Building from 5-6:30 p.m.
- monthly newspaper article on mental illnesses and how to cope
- mailing military boxes to those based in Iraq on a monthly basis.

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Won't you consider joining our membership program in May and June when we send out our invitations? The membership fee allows us to **provide** our programs: The Christmas Gift Lift, newspaper articles, our Family Support Fund, which helps those who cannot pay their

co-pays for counseling or medications, Social Club events, helps us purchase brochures and pamphlets for distribution as well as DVD's on mental health concerns for the local schools. We are pleased with those who have already become members and hope you will renew your membership in May, 2011.

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HAPPINESS is like a butterfly. The more you chase it, the more it will elude you. But if you turn your attention to other things, it comes softly and sits on your shoulder.

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Always looking for volunteers at MHAJC. If you are interested in helping with any of our socials or programs, call the office at 522-3480 and talk with Laura about our mission. Our socials are bi-monthly and involve serving food, doing crafts or games and helping our clients develop social skills. Try it.....you might like it!!