

Mental Health America of Jackson County

P.O.Box 51, Seymour, In. 47274
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What's Going On

- Stress is a fact of life. It's the tension you feel when faced with a new or difficult situation. Stress isn't always a bad thing. It can help you meet life's challenges. For example, the rush of energy you get when under stress can help you meet a deadline, deal with a family crisis or avoid danger. Too much stress can cause problems. Here are 12 ways to beat stress:
- Focus on the positive.
- Talk it out.
- Make a "to-do" list.
- Make time for yourself everyday.
- Try deep breathing.
- Try progressive muscle relaxation.
- Get enough sleep.
- Take regular breaks.
- Get regular exercise.
- Laugh!!!
- Eat a healthy diet.
- Ask for help when you need it.

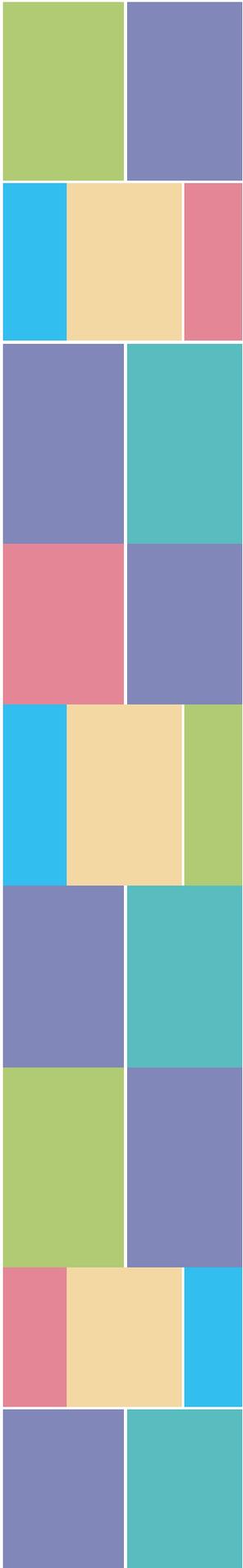
Stress is a normal part of life, but it doesn't have to control you!

Spotlighting a MHAJC Program

This year Mental Health America provided bulletin boards for the Seymour High School, Seymour Middle School, and the 6th Grade Education Center on anti-bullying. With the epidemic of bullying cases throughout the nation having an impact on the communities, MHAJC decided we could lend a hand to our local schools providing them information on what bullying is and what young adolescents and teens should do to prevent it or to help someone who is being bullied. Bullying can affect a teen's outlook on life and can scar a personality forever. Everyone deserves a chance to be who they really are and not be intimidated by their peers. Hopefully, next academic school year, we will be able to place bulletin boards in the other Jackson County high schools and middle schools.

OUR 2ND QUARTER ACTIVITIES :

- Monthly I'm Thumbbody classes at Head Start and Child Care Network Preschools
- newspaper articles on Teenage Depression, May is Mental Health Month, Words Can Be Cruel, Cyberbullying, and Depression were provided to the public
- mailing of informational pamphlets on Post Traumatic Syndrome for deployed military, Depression Tips for Military, and Reuniting With Families as well as food packages.
- Bowling social for The Clubhouse, a group of mentally ill at Centerstone
- April Bingo social for clients .
- June bowling social for clients in group homes.



SUPPORT YOUR LOCAL UNITED WAY AS THIS IS A WAY TO HELP OTHERS IN THE COMMUNITY WHO NEED EXTRA HELP!!

Meet a Board Member:
Tom Waldkoetter is a graduate of Seymour High School. Concordia Teacher's College, and Indiana University. He is a retired middle school educator of 40 years. He married the former Annette Young and they have a daughter, Annalisa and a son Darrin as well as two granddaughters, Kenzie and Sydney. Tom enjoys RV camping, fishing and golf. His mother was the Executive Director of MHAJC in the late 80's and 90's and Tom served on the board in the

Jackson Lodge 146, F. & A.M. and the Elks #462. We are honored to have Tom committed to our mission.

Memberships are still available: Associate is \$5, Friend is \$10, Patron is \$20 and Patron's Plus is \$25 and up. Won't you help MHAJC by sending a membership to POB 51, Seymour, Indiana 47274.

MHAJC is always looking for new volunteers to help us with our mission. If you are interested in giving some time to help those who are less fortunate than many of us, please call Laura at the mental health office @ 522-3480. We meet monthly at noon on the second Monday of each month (excluding July and December). Come and join us!!!

October is National Depression Screening month and we will be having a free depression screening day on Oct. 7th. If you or if you know someone who might

benefit from a depression screening test, let us know by calling the office. The screening is done by our board member, Dr. Brenda Smith she says it takes about 15 minutes for the screening. She'll follow up with advice for what you can do to keep you mentally healthy. Call the office at 522-3480 if you are interested!!!

One of our goals this year is to send mental health information to our deployed servicemen and women. Along with information about how to cope with depression and post traumatic syndrome and reuniting with family members, we send boxes of treats as well. If you know of anyone in Jackson County who is deployed and might benefit from our service, please let us know. With the privacy act it is sometimes difficult to get that information. Call 522-3480 with names of those we can help. Thanks so much!!!