AMITA HEALTH

Counseling Connections

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A Message From Your Social Worker

This week, we at AMITA want to celebrate you! Look at the incredible amount of *growth, resilience, creativity, and grit* you have all demonstrated these past 2 months. No one could have anticipated these events, but you are doing it with grace and strength. This week we would like to focus on the strength you have, where it comes from, how to continue it, and to remind you all to make room for fun and celebration moving forward!

Celebrate YOU!

Everyone deserves to be celebrated, appreciated and acknowledged. During these times, we might not be receiving the validation and appreciation we need. Here are a few tips that you can use to celebrate you:

- Give yourself permission to do things you love to do
- Write an appreciation letter to yourself
- Focus on your accomplishments
- Give yourself a social media shout-out
- Acknowledge your inner strengths
- Reward yourself when you complete a goal

The 4 M's of Mental Health

For optimal mental health, many in the field recommend the 4 M's! Read about mindfulness, movement, mastery, and meaningful connection below!

Mindfulness- in a nutshell one's awareness in the present moment. Use the links below to start with a mindfulness practice. Start small, 5 minutes a day at first and work your way up is best. Don't get frustrated if it is hard at first.
https://www.headspace.com
https://www.calm.com
https://chopracentermeditation.com
Movement- go for a walk, garden, do an online yoga video or exercise class, fold laundry, clean, throw a ball with your kids!
Mastery- find something to feel accomplished in; a cookie recipe, an organized closet, completing a book.
Meaningful Connection- give back! Record yourself reading a story for a niece, bring in your neighbor's garbage cans, donate to a food bank, offer free children's books on social media.

Don't Forget about Mom!

It is important for all of us to continue to celebrate milestones and special events during this time. Mother's Day is May 10th! What a wonderful time to recognize a special neighbor, aunt, grandmother, and of course mother. Use the links below for some fun, easy ideas even if you can't get to the store for a card.
Mother's Day Poem Craft
Mother's Day Card Older Kids
All About My Mom or Grandma Book
Book For Mom, Step-Mom, Special Person

Where To Get Help

Illinois Suicide Prevention Hotline - Text "Talk" to 552020
National Crisis Hotline - Text "Home" to 741741
AMITA Behavioral Health Services 855-383-2224
www.auntbertha.com - A search engine for free and reduced services
Substance Abuse and Mental Health Services Administration (SAMHSA) 800-662-4357