



# SIX STONES WELLNESS CENTER



## Welcome....

Six Stones Wellness Center welcomes you to our peer driven, agency supported center of groups, activities and fellowship. Individuals 18 years old and older are invited to join us, as we learn about wellness and recovery.

SSWC is a supportive environment. Introducing life skills, acceptance, supporting healthy choices, overcoming obstacles and building a positive outlook.

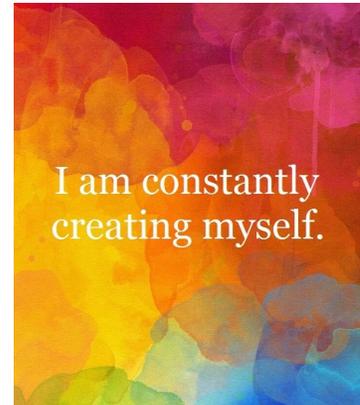
Groups and activities are ever changing, including several 12-Step groups. We invite you to support your mental, emotional and good health through developing new interests and meeting new people.

Six Stones has a strong peer support community. Our peers facilitate groups, volunteer in our community as well as learn from and share life experiences that enhance ones understanding the value of hope, positive self-talk as well as personal responsibility of our wellness.

We look forward to seeing you!

## What is WRAP®?

- **Purpose:** assist individuals in identifying what makes them well and create a culture that encourages them to be active participants in their care
- **How:** creating and utilizing “Wellness Tools”
  - Each client creates their own WRAP® Booklet that fits in with their practical day to day living with the intent of getting them and helping them stay well
- WRAP® is **NOT** replacement for traditional treatment it **IS** a compliment to other treatment options



## In This Issue

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- Combat Catastrophizing
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- Contact Six Stones Wellness Center with any questions at 841-0810.

# Mental Illness and the Family: Recognizing Warning Signs and How to Cope

<http://www.mentalhealthamerica.net/recognizing-warning-signs>

Most people believe that mental disorders are rare and “happen to someone else.” In fact, mental disorders are common and widespread. An estimated 54 million Americans suffer from some form of mental disorder in a given year.

Most families are not prepared to cope with learning their loved one has a mental illness. It can be physically and emotionally trying, and can make us feel vulnerable to the opinions and judgments of others.

If you think you or someone you know may have a mental or emotional problem, it is important to remember there is hope and help.

## What is mental illness?

A mental illness is a disease that causes mild to severe disturbances in thought and/or behavior, resulting in an inability to cope with life’s ordinary demands and routines.

There are more than 200 classified forms of mental illness. Some of the more common disorders are depression, bipolar disorder, dementia, schizophrenia and anxiety disorders. Symptoms may include changes in mood, personality, personal habits and/or social withdrawal.

Mental health problems may be related to excessive stress due to a particular situation or series of events. As with cancer, diabetes and heart disease, mental illnesses are often physical as well as emotional and psychological. Mental illnesses may be caused by a reaction to environmental stresses, genetic factors, biochemical imbalances, or a combination of these. With proper care and treatment many individuals learn to cope or recover from a mental illness or emotional disorder.

## Warning Signs and Symptoms

To learn more about symptoms that are specific to a particular mental illness, search under Mental Health Information or refer to the Mental Health America brochure on that illness.

**The following are signs that your loved one may want to speak to a medical or mental health professional.**

It is especially important to pay attention to sudden changes in thoughts and behaviors. Also keep in mind that the onset of several of the symptoms below, and not just any one change, indicates a problem that should be assessed. The symptoms below should not be due to recent substance use or another medical condition.

**If you or someone you know is in crisis now, seek help immediately.**

Call 1-800-273-TALK (8255) to reach a 24 hour crisis center or dial 911 for immediate assistance.

Are you experiencing a *mental health* crisis? Siskiyou County Crisis Line

**Call the Access/Crisis Line at 1-800-842-8979.**

**24-HOURS A DAY, 7 DAYS A WEEK for Confidential Help.**

**In Adults, Young Adults and Adolescents:**

- \* Confused thinking
- \* Prolonged depression (sadness or irritability)
- \* Feelings of extreme highs and lows
- \* Excessive fears, worries and anxieties
- \* Social withdrawal
- \* Dramatic changes in eating or sleeping habits
- \* Strong feelings of anger
- \* Strange thoughts (delusions)
- \* Seeing or hearing things that aren't there (hallucinations)
- \* Growing inability to cope with daily problems and activities
- \* Suicidal thoughts
- \* Numerous unexplained physical ailments
- \* Substance use



**Red flag feelings and behaviors that may require immediate attention.**

- Inability to sleep
- Feeling down, hopeless, or helpless most of the time
- Concentration problems that interfere with work or home life
- Using nicotine, food, drugs, or alcohol to cope with difficult emotions
- Negative or self-destructive thoughts or fears that you can't control
- Thoughts of death or suicide

**If you identify with any of these red flag symptoms, make an appointment with a mental health professional.**



# How to Stop Beating Yourself Up About Your Mistakes

www.psychologytoday.com

[Tasha Eurich Ph.D. The Power of Insight](#)



One of my favorite things about being an author is learning from other authors. Recently, I was chatting with a colleague whose book came out in the spring.

“I never thought I’d be this person,” she sheepishly admitted, “but I check my sales numbers every day. It’s like a sickness!”

Letting out a knowing chuckle, I fessed up to the same thing. I added, only half-jokingly, “And when I don’t like what I see for a couple of days, I conclude that I’m a failure.”

Sometimes we’re so oblivious to our self-defeating patterns that we spot them only when we confess them to someone else. As soon as the words escaped my mouth, I wondered, *Wow, am I really doing that?*

Psychologists call the “act “ of defining ourselves by one choice, one situation, or one result **catastrophizing** (link is external). We might decide that we’re a terrible sales person after just one month of declining numbers, or a horrible friend because we get in a fight with a friend, or that we’ll surely die alone after one painful breakup.

I probably don’t have to tell you how harmful such thinking can be for our happiness, confidence, and success (rest assured, research confirms (link is external) it’s really bad). **But what makes catastrophizing especially dangerous is that it often disguises itself as productive self-reflection.** After all, why else would we put ourselves through such self-flagellation? If we can objectively understand just how much we suck *this* time, we’ll suck less *next* time...right?

Wrong. It’s one thing to objectively and reasonably assess our limitations. But catastrophizing is neither objective nor reasonable, and if we want to be truly self-aware and successful, we have to work on overcoming it.

The good news is that it *is* possible to do so!



# Two Techniques to Combat Catastrophizing

## 1. Focus on Self-Acceptance

When we are catastrophizing, it usually means we could have handled something better or differently. For that reason, it's neither realistic nor helpful to **blindly convince ourselves that everything is okay** ("It's fine that I screamed at my spouse this morning! I'm awesome!"). What's more reasonable, and productive, is to focus on processing the objective reality *and choosing to like ourselves anyway*.

Self-acceptance isn't just a good idea in theory—it has very tangible benefits. In one study, Kristin Kneff and her colleagues asked job-market-bound undergraduates to participate in a mock interview for a job they “really, really wanted.” When the interviewer asked the students to describe their greatest weakness, **those high in self-acceptance reported feeling significantly less nervous and self-conscious afterward**—had it been an actual job interview, they likely would have performed much better as a result.

Research shows that a simple way to boost your self-acceptance is to monitor your inner monologue. So the next time you find yourself catastrophizing, take notice of whether you're being self-critical (“There I go forgetting to set my alarm! What is wrong with me? Why can't I do the most basic things, like be on time?”) or self-accepting (“That was a mistake—but I'm only human and these things happen”). A helpful question to ask can sometimes be, **“Would I say what I just said to myself to someone whom I like and respect?”**

## 2. Get Some Perspective

Another powerful tool to combat catastrophizing is perspective. In one study, researchers surveyed more than a hundred Chicago couples every four months for a year on their feelings of marital satisfaction, intimacy, trust, passion, and love for their partner. During the study, they asked participants to write about the conflicts in their marriage. A control group wrote for 21 minutes on the conflict and the experimental group wrote about how a “neutral third party who wants the best for all” would see the conflict—only the experimental group was protected from the general trend of “robust declines in marital quality.”

By rising beyond their own perspective about their marital conflicts, participants were able to get out of their ruminative loops and move forward far more productively.

The same thing happened to me during my conversation with my author friend. After I came clean to her about my “failure,” she explained, **“When that happens to me, I try to remember that I'm the same person as I was the day before.** The only thing that's different is the number.” It was a simple but powerful insight.

Especially when we're down on ourselves for a perceived failure or limitation, widening the lens to see our objective progress over weeks, months or years helps us “keep the faith”, sustain our energy, and appreciate our accomplishments.

My colleague helped me realize that even if it doesn't always feel like it, I am making headway in my vision for a more self-aware world. I'm not quite there yet, but I'm also not stopping anytime soon! (When has anything important ever been easy?)

And on a deeper level, it's a reminder that **it's just as vital to work on our self-acceptance as it is to work on our self-awareness.** If we commit to seeing ourselves clearly, but without compassion for what we learn, it becomes just another exercise in self-loathing. Instead, if we remember that we're human and therefore imperfect—and that this is really okay—the journey becomes much easier and infinitely more affirming.

## Eating Disorders

While the symptoms of eating disorders revolve around eating, they are more about coping with feelings than they are about food.

If you have an eating disorder, you may believe that being thin is the key to being happy, or that if you can control what you eat, you'll be able to control your life. But the truth is that happiness, confidence, and self-empowerment come from accepting yourself for who you truly are and that's only possible with recovery.

**Overcoming an eating disorder involves rediscovering who you are beyond your eating habits & weight.**

Many people worry about their weight, what they eat, and how they look and may face extra pressure to fit in. Individuals with eating disorders will often go to great lengths to hide the problem.

### Worried about a loved one? Speak out!

If you notice the warning signs of an eating disorder in a friend or family member, it's important to speak up. But that doesn't mean it's easy. The very idea can seem overwhelming. You may be afraid that you're mistaken, or that you'll say the wrong thing, or you might alienate the person. However, it's important that you don't let these worries stop you from voicing your concerns.

People with eating disorders are often afraid to ask for help. Some are struggling just as much as you are to find a way to start a conversation about their problem, while others have such low self-esteem they simply don't feel that they deserve any help. Whatever the case, eating disorders will only get worse without treatment, and the physical and emotional damage can be severe. The sooner you start to help a loved one, the better their chances of recovery.

**Encourage reaching out to a professional.**



<http://www.healthyplace.com/>

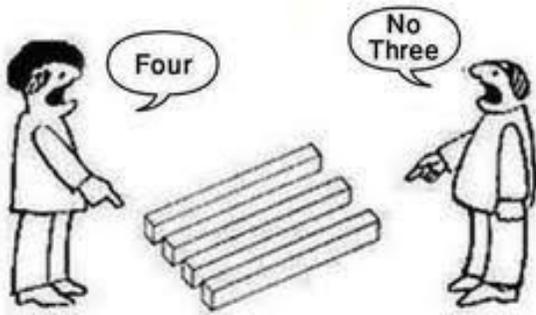
### What you can do:

1. Learn about eating disorders
2. Watch for warning signs
3. Speak up if you're worried
4. Be patient and supportive, yet honest
5. Set a positive example
6. Encourage treatment
7. Take care of yourself

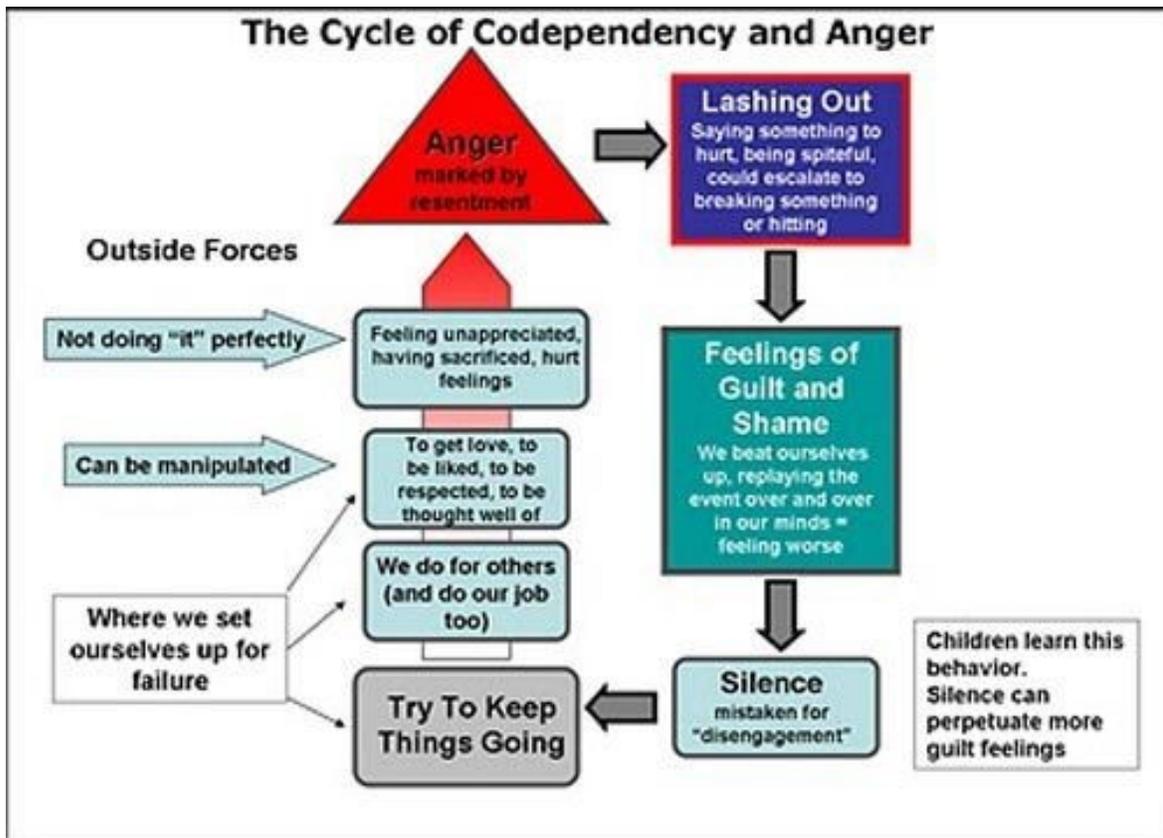


WHAT IS YOUR PERSPECTIVE?

It is really confusing!!!



EVERYONE MAKES  
MISTAKES IN LIFE, BUT  
THAT DOESN'T MEAN THEY  
HAVE TO PAY FOR THEM THE  
REST OF THEIR LIFE.  
SOMETIMES GOOD  
PEOPLE MAKE BAD  
CHOICES. IT DOESN'T MEAN  
THEY'RE BAD... IT MEANS  
THEY'RE HUMAN!



I am severely overwhelmed with everything. It's come to a point that even small tasks make me feel like breaking down and crying. Everything is just too much for me now.



HealthyPlace.com



To get over the past, you first have to **ACCEPT THAT THE PAST IS OVER.**

No matter how many times you revisit it, analyze it, regret it, or sweat it...it's over. It can hurt you no more.

- Mandy Hale

Simple Reminders  
SIMPLEREMINDERS.COM

## How to Heal Yourself Emotionally through Writing

by Introvertdear.com



**Dealing with something difficult?**  
Your mind works overtime when you experience emotional upheaval, like the loss of a relationship or job.

**Try writing about the upheaval.**  
Writing will help you make sense of the event and reduce distress.

**Write for 15-20 minutes, 4 days in a row.**  
Write about your deepest thoughts and emotions.



**Write only for yourself.**  
Deal only with events and situations you can handle now.

**Don't worry about spelling and grammar.**  
Don't overdo it by writing about a distressing event for more than a couple weeks.

**Try putting the event into a story.**  
Or write about the event from someone else's perspective.



**Writing may make you healthier.**  
You may visit the doctor less. Physical wounds may heal faster. You may sleep better and improve your immune function and working memory.

**You'll be able to focus on other things.**  
You may feel more connected in relationships and be able to focus on work and school.

**Writing isn't just for introverts.**  
Although introverts love solitary activities that allow them to delve into their inner world.



Today

I will not stress over things I can't control.

tinybuddha

Sources: Writing to Heal, Writing Can Help Injuries Heal Faster, and Emotional and Physical Health Benefits of Expressive Writing

Piktochart  
make information beautiful

# Herbed Tomato Gratin

Recipe By: Hilary Meyer

“Vegetable gratin recipes often have a crunchy breadcrumb or crouton topping. But summer tomatoes are too gorgeous to hide, so we tucked crusty cubes of bread underneath them instead. Plus, the bread soaks up all the juicy tomato goodness. If you can't find marjoram, fresh basil or oregano makes a good substitute.”

[eatingwell.com/recipe/258537](http://eatingwell.com/recipe/258537)

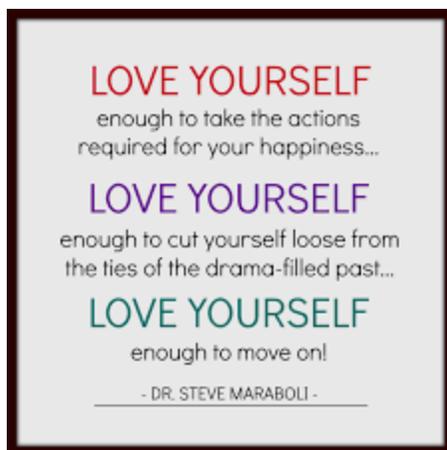
## Ingredients

- 3 tablespoons extra-virgin olive oil
- 4 cups crusty whole-grain bread cubes ( ½-inch)
- ⅓ cup heavy cream
- ½ cup finely shredded Pecorino Romano cheese, divided
- 2 tablespoons chopped fresh marjoram, plus more for garnish
- 3 cloves garlic, minced
- 1 tablespoon sherry vinegar
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 3 pounds medium heirloom tomatoes, sliced ¼ inch thick



## Directions

- Preheat oven to 400°F. Coat a 9-by-13-inch pan (or similar-size 3-quart baking dish) with cooking spray.
- Heat oil in a large skillet over medium heat. Add bread and cook, stirring occasionally, until brown and crispy, 6 to 8 minutes.
- Transfer the bread to a large bowl. Gently stir in cream, ¼ cup cheese, marjoram, garlic, vinegar, salt and pepper. Spread the mixture in the baking dish. Layer tomatoes on top and sprinkle with the remaining ¼ cup cheese.
- Bake the gratin until golden and crispy on top, 40 to 45 minutes. Garnish with marjoram, if desired.



Join us for  
Veterans Coffee & Services  
on October 13th at 10:00 am



No matter when, where, or how you served, or what you've experienced in military or civilian life, you may be facing challenges that affect your health, relationships, and life. Whether your military role ended two decades ago or two days ago, you share with Veterans everywhere the common bonds of duty, honor, and service to our nation.

Every day, Veterans connect with resources and support to manage and confront the issues they may have and find solutions for improving their lives.

<http://maketheconnection.net>

## We are only as sick as we are silent!

We meet in the library of Yreka Church of the Nazarene  
415 Evergreen St, Yreka, CA 96097

Thursday evenings, 6:30pm

Call (530) 340-0233 for more info or directions,  
or just drop in. We'd love to see you.

## PTSD Support Group



## How Can I Help a Fellow Warrior?

Strengthening our fighting forces is a group effort. If you're concerned about a friend or colleague, the most important thing you can do is to ask how they're doing and to listen without judgment. The symptoms of a mental health condition can sometimes make individuals forget that mission success relies on staying healthy in mind as well as body. They might not realize that their worries are symptoms of mental illness. Listen patiently, offer encouragement and remind them that anyone can develop these symptoms, from privates to generals.

Remind your fellow warrior that the central mission of the armed forces is to maintain a strong fighting force. Share the information here with him or her. Emphasize that talking to a counselor or medical officer won't hurt career or security clearance, and that every service member has a duty to build resilience by seeking advice and treatment when it's indicated.

If someone you know tells you about a mental health concern, don't laugh it off or promise it will get better on its own, even if you want to comfort the person. The stresses of deployment and military life put soldiers at risk for mental illness and make treating them more complicated. The military medical system can't succeed in its mission to "restore the fighting force" without the help of all personnel to encourage treating mental health conditions swiftly before they can worsen.

For more advice, recommend that your friend call the completely confidential counselors at Military One Source (1-800-342-9647).

Confidential help for Veterans and their families.  
 Online Chat: [VeteransCrisisLine.net](http://VeteransCrisisLine.net)  
 1-800-273-8255 Press 1




The *Veterans Affairs VA Outpatient Clinic Yreka* is located at 101 E. Oberlin Drive.

The clinic is open from 7:30 a.m. to 5:00 p.m.,  
 Monday to Friday.

To contact the Clinic, call (530) 841-8500.

**Veterans' Services**

Office Hours: 8:00am - noon, 1:00 - 5:00pm,  
 Monday - Thursday

Address: 105 East Oberlin Road, Yreka.

Phone: 530-842-8010

Fax: 530-841-4314

Department Head: Victor Magdangal, CVSO



*Resilience*

**South County**

**Peer Support Group**

At South County BHS Office  
 909 Ream Avenue in Mt. Shasta, CA  
 on Friday at 9:30 am to 11:30 am

If you are struggling or know someone who is, there is help.

Siskiyou County BHS Crisis Hot Line is available for individuals as a direct result of a mental health disorder.

1.800.842.8979  
 After Hours

1.800.841.4100  
 Normal Business Hours




be here now  
 no other  
**PLACE TO BE**  
 this whole world  
*keeps changing*  
 come **change** with me  
 everything that's happened  
 all that's yet to come  
 is here inside this  
**moment**  
 IT'S THE  
**Only One.**



sun comes up and we  
 start again we

MASON JENNINGS  
 KELLY PLACE 2010

# Good Times at Six Stones Wellness Center's 2nd Annual Art & Talent Show



# Snap-Ed

Snap-Ed stands for Supplemental Nutrition Assistance Program Education. This program focuses on bettering the lives of others through nutrition and physical education. SNAP-Ed is a program of NVCSS.

Come join Lisa who will share nutrition information &or activities while promoting a healthy life style.



*Dance*  
LIKE NO ONE IS WATCHING  
*Love*  
LIKE YOU'VE NEVER BEEN HURT  
*Sing*  
LIKE NO ONE IS LISTENING  
*Live*  
LIKE HEAVEN ON EARTH



## Where and when are Commodities given out?

Canned, fresh and frozen foods are distributed at 22 sites throughout Siskiyou County every other month to residents where their nearest site is located.

Call 530-938-4115 ext.134 for a recorded list of all sites and dates for the upcoming month. Dates are determined a year in advance by the Federal government.

## Transportation Challenges?

Transportation is available to Six Stones Wellness Center for Yreka and Montague areas.



## Contact Us

Give us a call for more information about our program.

**Northern Valley Catholic Social Service**

**Six Stones Wellness Center**  
1501 South Main Street  
Yreka, CA 96097

(530) 841-0810

Hours: 10 am to 3 pm, M-F

TAKE THE **stigmafree** PLEDGE

**3 Steps**

- Live It!**  
Learn about mental health by educating yourself and others.
- Share It!**  
Share stigmafree on social media, strive to listen, tell your own story and see the person not the illness.
- Show It!**  
Take action on mental health issues, raise awareness and make a difference.

#stigmafree [www.nami.org/stigmafree](http://www.nami.org/stigmafree)