



# SIX STONES WELLNESS CENTER

## Happy Holidays from Six Stones Wellness Center!

December 1, 2017 is the 2nd Anniversary of Six Stones Wellness Center. We honor efforts to make changes. Through fellowship, education and support, individuals realize they are not alone.

Potential for changes begin. Learning to manage life areas, promoting stability and support from shared lived experiences. Through positivity and honesty to ones self, individuals' begin identifying obstacles. Growth begins through kinship, respect and gratitude.

Our SSWC Staff will provide supportive services to enhance ones wellness. Responsive to breaking down barriers. Focusing on wellness and recovery, gratitude for what is and acceptance of what was.

Thankful for providing a safe environment to overcome and empower one another. Striving for a sound mental, emotional and physical body, mind and soul; to improve the quality of life while building relationships with others through kinship, coping skills and mutual understanding.

Please join us for a group, creative activity and/or community time.

*Holiday*  
*Healing Tip*

'Tis the Season for...

- Asking for help
- Being flexible
- Letting go
- Self care
- Setting boundaries

 TheFiveFacetsOfHealing.com

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



# How to Stay Mentally Healthy During the Holidays

By Marie Hartwell-Walker, Ed.D.  
psychcentral.com



Do the holidays stress you out? You're not alone. It's a hectic time of year for many people, maybe even most people. Nothing about our usual daily life goes away. The holidays add a layer of activities and responsibilities, both real and imagined, that take up time, money and emotional energy. Even if we enjoy many aspects of the season, there may well be moments when we wish we could rewind the calendar to somewhere in the middle of August.

I can't reverse the calendar, but I can remind you of some strategies for maintaining your sanity during this most pressured time of year.

- **Recognize that the people in your life are who they are.** It is not new information who will be the Scrooge, who will drink too much, who will have unrealistic expectations or who will be generous to a fault. No one is going to change just because it's the holidays. Let go of the idea you can change anyone who bugs you. Find constructive ways to minimize their impact on your life. Put your energy and time into those who know how to love and whose presence makes you happy.
- **Give yourself permission to let some things go.** Take a moment each morning to gather your thoughts. Make a list of all the things you have to do and want to do. Check off the two or three items that are really important to you. Let yourself entertain the idea of letting go of many of the others — or at least reducing them in some way. Many of us make our own stress by buying into the “have to's.”
- **Take time every day to enjoy something about the season.** It's easy to get caught up in the busyness of decorating and shopping and baking and wrapping. But are you enjoying any of it? Stop. Breathe. Take a few minutes to enjoy the decorations on the lampposts or to really look at the lights. Savor one of the cookies. Inhale the warm smells coming from your oven. Wrapping a gift can be just another chore or it can be a way to quietly celebrate what the intended receiver means to you.
- **Take care of yourself.** We should do this all the time but it's especially important to get enough sleep, to eat right, and to get some exercise every day when stressed. Self-care is not an “extra,” even though it may seem to take too much time. Time invested in yourself each day will more than pay off in your general sense of well-being throughout the season.
- **Everything in moderation.** Be mindful of your own tipping points when it comes to holiday indulgences. You already know your limits for alcohol and sweets. Listen to your own good sense and you'll avoid waking up with regret, a hangover or an extra five pounds.
- **Stick to your budget.** Forty-five percent of those polled in a recent survey done by Think Finance (a provider of payday loans) said that the financial stress of the holidays makes them wish they could skip the whole thing. This was true across all income levels. Yes, it's difficult to resist the commercialism, the hype, the buy, buy, buy messages that are everywhere. But it's important to remind ourselves that overspending is not the only way to express love. Gifts that are made by the giver often are more meaningful and treasured than anything that comes from a store. Spending quality time with someone sometimes is the best present of all.

- **Reach out.** Lonely? Being alone, far from family or without one during the holidays is a key source of stress for many people. Connect with friends and plan some activities that celebrate the season; even if it's just enjoying a peppermint stick in a cup of tea. Attend your house of worship and stay if there is a coffee hour. Get into the holiday spirit by volunteering at a soup kitchen or charity event for needy children. Being in a festive atmosphere with other good people who are doing good work is a great antidote for loneliness.
- **Do random acts of kindness.** Get into the season of giving. Let someone else have that parking space near the store. Compliment the harried store clerk. Let the mom who is shopping with kids go ahead of you in line. Be generous with street musicians. Doing good will make you feel good; or at least better.
- **Be grateful.** Research has shown that taking the time to be grateful every day has enormous physical and mental health benefits. It helps build our immune systems, keeps us in touch with the positive aspects of life, and connects us with others. So keep a holiday gratitude journal. From now until the New Year take a few minutes every day to write down at least three things you are grateful for. They don't have to be huge events. Sure. If you win the lottery tomorrow, you can be grateful for that. But short of such a windfall, we can be grateful for having enough food to eat or for getting a phone call from a friend or for the neighbor whose holiday lights make us smile.

The holiday season may be busy, but it doesn't have to drive us insane. We do have the ability to bring down the stress and bring up the joy. After all, the best gift we can give ourselves and those around us is our own peace of mind.

  
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 good, YOU do good  
 & when YOU do good  
 it Reminds others  
 of what joy feels like  
 & it just♥  
 might inspire  
 them to do  
 the same.

[www.homegrownhospitality.typepad.com](http://www.homegrownhospitality.typepad.com)



**T.H.R.I.V.E**  
 Through the Holidays

- T** Manage your TIME well
- H** Ask for HELP
- R** Take time to REST
- I** IGNORE picture-perfect ideals
- V** Remember what you VALUE most
- E** ENJOY the moment

[thehumbledhomemaker.com](http://thehumbledhomemaker.com)

# BEAT BACK THE HOLIDAY BLUES



Once again and seemingly out of nowhere, at least for me, the holidays are upon us.

For many, this means Christmas, which falls on a Wednesday this year. Hanukkah, the Festival of Lights, begins on Nov. 28, coinciding with Thanksgiving for the first time since 1888. According to Jonathan Mizrahi, a Jewish-American quantum physicist, the next time one of the nights of Hanukkah will coincide with Thanksgiving will be 2070, and the first night of Hanukkah will not fall on Thanksgiving for an estimated 77,798 years. Kwanzaa starts Dec. 26, celebrating such themes as faith, purpose and unity.

Lights and decorations, food and family, parties and presents. To paraphrase the classic song from *A Charlie Brown Christmas*, “The holidays are here. Happiness and cheer.”

Though many would argue that “bah, humbug” is much more reflective of their feelings at this time of year.

“I think a lot of people would say that the holidays are the worst time of the year,” said Ken Duckworth, MD, medical director of the National Alliance on Mental Illness in an interview with WebMD. “Many feel miserable, and that’s not only for people with clinical depression.”

The “holiday blues” can stem from a variety of sources, such as current events, personal grief, loneliness, illnesses of all kinds, economic concerns, separation from family members and relationship issues like separation or divorce.

These feelings can easily be exacerbated by stressors, many of which are experienced in this season alone. Many of us wish, or feel obligated to, host holiday parties, whilst being cajoled into attending those of family, friends and acquaintances. Decorations are beautiful, but someone has to put them up. Not to be forgotten are visits with family members who are only seen once or twice a year and fighting the crowds to find that perfect gift. All of which is compressed into a four to six week block of time.

“There’s this idea that holiday gatherings with family are supposed to be joyful and stress-free,” said Duckworth. “That’s not the case. Family relationships are complicated.”

Being surrounded by family and friends, and watching the interaction between others, has a strange way of highlighting what’s changed in a person’s life, or that *hasn’t* changed. The complex swirl of emotions that is the “holiday blues” is a vicious cycle: *I feel down, but it’s the holidays—I should be happy. I’m not, though, and that makes me feel even more miserable.*

*I’m stressed, which is limiting my enjoyment of the season, and I feel miserable because I don’t want to be stressed.*

*I wish things were the way they were before.*

*I wish my life was more like his or hers.*

Strategies can follow to minimize the negative aspects of the season.

**Don’t worry about how things should be.** Other families doubtlessly have their own stressors and ruminations to contend with.

**Be realistic.** You can’t please everyone the rest of the year, so why try to during the holidays? But your own mental and physical well-being needs to come first.

**Don’t try to be a superhero (or heroine).** We all have complex family dynamics. Acknowledge them. If you must spend time with these people, try to limit your exposure.

**Volunteer.** This is a great strategy to build community if you are lonely or isolated. Consider seeking out other community, religious or other social events.

**Keep your own well-being in mind.** Yes, the holidays can be challenging. *Be gentle with yourself.*



## Who should use the Lifeline Crisis Chat program?

Anyone who is depressed, despairing, going through a hard time, or just needs to talk, including people who are thinking about suicide.

Any life issues may be discussed on the Chat program. The chat specialists are there to listen and support you through whatever difficult times you may be facing.

**1-800-273-8255**



## 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.

## Seek professional help if you need it.

Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless, and unable to face routine chores. If these feelings last for a while, talk to your doctor or a mental health professional.

*You are worth it!*



## Care for Yourself

Taking good care of yourself is paramount to the success of your recovery process. People in recovery find that their physical, spiritual, and emotional health are all connected, and that supporting one supports the others. Taking care of all aspects of you will increase the likelihood that you stay well.



To help support you in your recovery, you can access a three-minute screening tool and progress monitor for depression, anxiety, bipolar disorder, and PTSD. Some tips for self-care include:



- **Live Healthy**, eat healthy foods, get enough sleep, exercise regularly, and avoid drugs and alcohol. Manage stress and go for regular medical check-ups.
- **Practice good hygiene**. Good hygiene is important for social, medical, and psychological reasons in that it not only reduces the risk of illness, but it also improves the way others view you and how you view yourself.
- **See friends** to build your sense of belonging. Consider joining a support group to make new friends.
- **Try to do something you enjoy every day**. That might mean dancing, watching a favorite TV show, working in the garden, painting or reading.
- **Find ways to relax**, like meditation, yoga, getting a massage, taking a bath or walking in the woods.

The National Institute of Wellness has created an online "wellness" screener that allows you to keep track of your own recovery journey.

Visit the NIW's website at <http://www.testwell.org/twfree.htm> to obtain your wellness score.



<http://www.mentalhealthamerica.net>

## Meditate

Research shows that meditation offers not only calm, but also helps with anxiety and depression, cancer, chronic pain, asthma, heart disease and high blood pressure.

To get started, all you need is a few minutes each day. Later you may want to work up to 10, 20, or 30 minutes. You can find one of many meditation options in a book or CD, online, or in a class. Or you can try some suggestions below. If one doesn't work, stay calm...and try another.

Types of Meditation:

- **Deep breathing**. Sit or lie down comfortably. Rest your hands on your stomach. Slowly count to four while inhaling through your nose. Feel your stomach rise. Hold your breath for a second. Slowly count to four while you exhale, preferably through pursed lips to control the breath. Your stomach will fall slowly. Repeat a few times.
- **Mindfulness Meditation**. Focus on your breath. Notice anything that passes through your awareness without judgment. If your mind starts to tackle your to-do list, just return to focusing on your breath.
- **Visualization**. Close your eyes, relax and imagine a peaceful place, like a forest. Engage all your senses: Hear the crunching leaves, smell the damp soil, feel the breeze.
- **Repeating a mantra**. Sit quietly and pick any meaningful or soothing word, phrase, or sound. You can repeat the mantra aloud or silently. Experts say the repetition creates a physical relaxation response.
- **Participate in a meditative form of exercise**. Try tai chi or qi gong, which use soothing, flowing motions.

# Emotionally Unavailable

By Aaron Karmin [psychcentral.com](http://psychcentral.com)

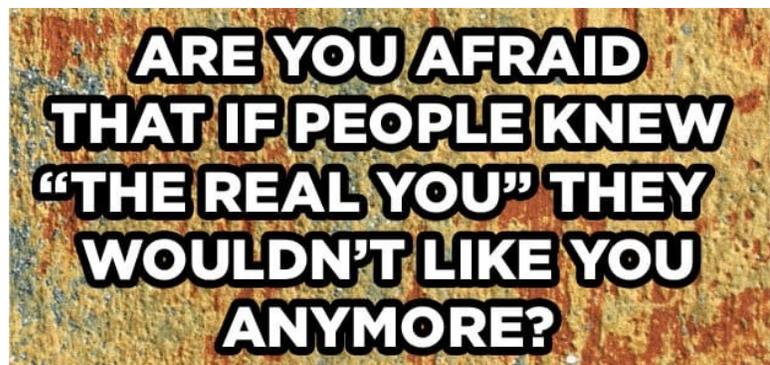
What happens when you deny anger or deaden your feelings?

1. Self-sabotage is defeating yourself without realizing it. Perhaps you are angry with yourself because you didn't speak up and defend yourself and you unconsciously allowed yourself to fail. Individuals also sabotage themselves by neglecting to take care of their teeth or practice other preventive health practices.
2. Depression is often caused by anger that has been denied. When anger is denied, the person feels that life is hardly worth the struggle. Depression is an extreme feeling of sadness, and the depressed person thinks his or her situation is hopeless.
3. Loss of sleep may occur when people think or dream about how they should have expressed their anger. "I wish I had said" or "How could they do me this way?"; can cause many sleepless nights. Other individuals may sleep too much so that they can escape thinking about the problem that makes them angry.
4. Drug abuse is probably the worst method of coping with anger. Taking a pill to forget anger or calm down emotions is not an effective way to handle anger-provoking situations.
5. "Over-doing" is based on the idea that if we really get into our work, our exercise or our hobby, then we can forget about being angry. This method may cause fatigue or remove us from our family, but it seldom solves our anger problem.

While research on the effect of hostility and health is relatively new, there is growing evidence that habitual hostility is associated with increased risk of suffering a heart attack and increased risk of dying from other causes.

Some researchers find that people who remain angry and hostile much of the time also have less physical activity, less self-care (e.g., adequate sleep and dental hygiene), more smoking, more alcohol consumption, and more frequent drinking and driving episodes.

*Ironically, sometimes the anger hurts the angry person most.*



## Turkey Tips

Whether you're tackling a Thanksgiving turkey for the first or hundredth time, our top tips will ensure your big bird is the best it can be.

1. Thawing a frozen turkey requires patience. The safest method is to thaw turkey in the refrigerator. Be sure to plan ahead; it takes approximately 4-5 days for a 20-pound turkey to fully defrost.

2. For crisper skin, unwrap the turkey the day before roasting and leave it uncovered in the refrigerator overnight.

3. When calculating your roasting time, plan on about 15 minutes per pound.

4. A turkey will cook more evenly if it is not densely stuffed. Consider adding flavor by loosely filling the cavity with aromatic vegetables (carrots, celery, onion or garlic work nicely) or by carefully tucking fresh herbs underneath the breast skin. For the stuffing lovers, cook the dressing in a casserole dish on the side.

5. Before roasting, coat the outside of the turkey with vegetable or olive oil, season with salt and pepper and tightly cover the breast with aluminum foil to prevent over-browning (it will be removed in step 7).

6. Don't be a peeping Tom (no pun intended)! Once you get the turkey in the oven, resist the temptation to open the oven door and admire your handiwork. When the oven temperature fluctuates, you're only increasing the likelihood of a dry bird. About 45 minutes before you think the turkey is done, remove the foil from the breast to allow it to brown.

7. Remove the turkey from the oven and use an instant-read thermometer to determine temperature; it should read 165 degrees F at the thigh when it's done. If you stuff your turkey, check the internal temperature of the stuffing as well; it should be at least 165 degrees.

8. Tent the bird with foil and let rest for about 25 minutes before carving. If you need more time to make gravy, heat up side dishes, etc., you can let the turkey set for up to an hour without losing too much heat.

9. Remember to carve your turkey with a very sharp or electric knife.

10. Before you get started with the cooking, research the right recipe for you and yours.

Adapted from [FoodNetwork.com/holidays](http://FoodNetwork.com/holidays)

# Best Bread Pudding

## Ingredients



- 3 eggs, beaten
- 1 1/2 cups white sugar
- 2 tablespoons light brown sugar
- 1/2 teaspoon ground cinnamon
- 1/4 cup butter, melted
- 3 cups whole milk
- 10 slices hearty farmhouse-style bread, toasted and cut into cubes
- 1 cup raisins

- 1/2 cup light brown sugar
- 1 tablespoon all-purpose flour
- 1 pinch ground cinnamon
- 1 egg
- 2 tablespoons butter, melted
- 1 1/4 cups whole milk
- 1 pinch salt
- 1 tablespoon vanilla extract

## Directions

1. Preheat oven to 375 degrees F. Grease a 2-quart baking dish.
2. In a mixing bowl, whisk 3 eggs, white sugar, 2 tablespoons of light brown sugar, 1/2 teaspoon of cinnamon, 1/4 cup of butter, and 3 cups of whole milk together, and gently stir in the bread cubes and raisins. Lightly spoon the mixture into the prepared baking dish.
3. Bake in the preheated oven until browned and set in the middle, 50 to 55 minutes; cover the dish with foil after 30 minutes to prevent excessive browning. Let the pudding stand for 10 minutes before serving.
4. For vanilla sauce, whisk 1/2 cup of light brown sugar, the flour, a pinch of cinnamon, 1 egg, 2 tablespoons of melted butter, 1 1/4 cups of whole milk, and salt together in a heavy saucepan until smooth. Heat over medium heat, whisking constantly, until thickened and the sauce coats the back of a spoon, 10 to 12 minutes. Stir in the vanilla extract. Pour sauce over warm bread pudding, or serve on the side in a bowl.

Join us for  
Veterans Coffee & Services  
on December 8th at 10:00



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



The Veteran Clinic, located at 101 E. Oberlin Drive, Yreka, is open from 7:30 a.m. to 5:00 p.m., Monday through Friday.

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

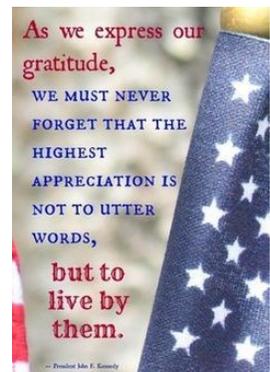
## Veterans' Services

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

Phone: 530-842-8010

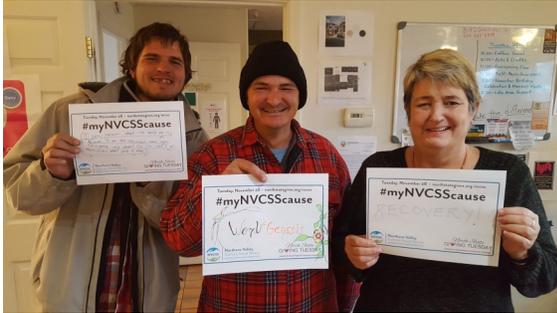
Fax: 530-841-4314

Department Head: Victor Magdangal, CVSO





BE SO  
HAPPY  
THAT WHEN  
OTHERS LOOK  
AT YOU  
THEY BECOME  
HAPPY TOO.

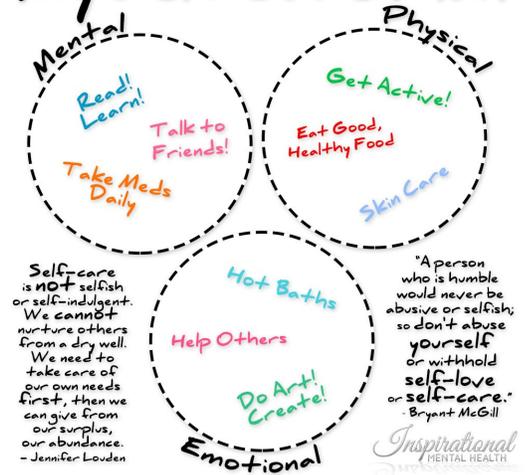


# Snap-Ed

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 and is coming to Six Stones Wellness Center.

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

## My Self Care Plan



### 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



### 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.

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)

### 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

Six Stones Wellness Center is a program of Northern Valley Catholic Social Service. Program is funded by Siskiyou County Health and Human Services Agency with Mental Health Services Act Funds, Prop 63.