

Olberg Wellness Center February 2020 Newsletter

FEBRUARY 2020

NEWSLETTER

Creating Balance

Excerpts from [Creating A Healthier Life A Step by Step Guide](https://store.samhsa.gov/system/files/sma16-4958.pdf), SAMHSA
<https://store.samhsa.gov/system/files/sma16-4958.pdf>, pg.4.

In observance of
Presidents Day,

Olberg Wellness
Center will be
closed



Monday, February
17th

Valentine's Day

is



February 14th

Creating balance in our lives is an important part of wellness. Overall, a balanced life can mean many things, depending on culture, circumstances, resources, and other factors. Balance means making sure we have time to do the things that make us feel happy and fulfilled. This includes working (paid or unpaid), having fun, spending time with family and friends, participating in the community, being physically active, praying, relaxing and sleeping. Because we each have individual needs, preferences, and capabilities, what we consider "balance" will also look different. And it's important for us to re-balance from time to time, to adjust to what is going on in our lives.

When we're trying to get through a tough time, whether it is stress, an illness, trauma, or an emotional challenge, balance is especially important. In these times, our habits and routines can help us get that feeling of control back. This means focusing on ourselves as well as the roles we play in the lives of others, like being students, friends, parents, spouses, coworkers, congregants,

hobbyists, community members, and citizens. Our roles and relationships help define who we are, what gives us a sense of purpose, and how our lives are interdependent on other people, animals, and the environment. Being engaged in life and relationships provides a measure of balance and overall wellness. For example, swimming has physical benefits (building strength, improving circulation), as well as social (meeting other people) and emotional benefits (relieving stress). But we don't have to swim laps every week to be well; getting into the pool even occasionally is a great step.

Having a safe and clean living environment helps us feel organized and in control. It can be a way to get physical activity in as well, and offers the chance for partners and families to work together.

On the flip side, simply finding time to relax can go a long way toward finding balance in our lives. "Down time" can provide the space we need to think through a situation or work through our feelings, or just let us rest.



and Olberg Wellness Center team up



Olberg Wellness Center's first lesson at California Dance Company was a great success! Instructor Anna, did such great work with some of the Olberg members and everyone in attendance had a lot of fun. Olberg Wellness members learned some basic dance routines and had a great time memorizing all the moves. They all worked really hard for an hour to learn an entire lyrical dance routine. Thank you California Dance Company for donating your time and space to teach our members fun and relevant dance routines. Olberg Wellness Center sends a big shout out to NVCSS' own Tenneal Bringle for connecting The Olberg Wellness Center to such an amazing opportunity!

For more information about California Dance Company please contact them at (530) 365-7749 and online at <https://www.cadanceco.com/>



IMPROVING OUR EMOTIONAL WELLNESS

Excerpts from, [Creating A Healthier Life A Step by Step Guide](#), SAMHSA.
WWW.SAMHSA.GOV/WELLNESS-INITIATIVE pgs.21-22

The Emotional Wellness Dimension involves the ability to express feelings, adjust to emotional challenges, cope with life’s stressors, and enjoy life. It includes knowing our strengths as well as what we want to get better at, and living and working on our own but letting others help us from time to time.



Acrylic on canvas by Olberg Member, Paul M. Prinzing

AREA	THINK ABOUT...	RESOURCES
Feelings/ Emotions	<ul style="list-style-type: none"> Do you allow yourself to be open to and acknowledge your feelings without judgment? Have you found and developed safe relationships with people or groups where you can express your feelings and thoughts? Do you see challenges as opportunities for growth? Do you recognize your limitations and learn from your mistakes? Are you taking responsibility for your actions? 	<ul style="list-style-type: none"> Reflect each day on your emotions, what can they teach you, and how you can express them? Consider using a journal to record feelings and thoughts. Develop regular habits that help you process and deal with your feelings effectively so you move forward in fulfilling your emotional needs. Find a place where you feel the most comfortable and go there when you feel a need for comfort, quiet space, or safety.
Self-Care	<ul style="list-style-type: none"> Have you joined support groups, or thought about starting one? Do you write your thoughts in a journal, listen to music, or talk to family or friends when you are in need? Have you tried yoga, breathing, or meditation to remain calm and centered? Are you maintaining a daily routine? Do you leave yourself plenty of time to get to work and other obligations? Are you eating some meals without distractions, like checking your phone or watching TV? 	<ul style="list-style-type: none"> Discover what you like to do best, and do it often. It will help keep your spirits and emotions up. Find an outlet for physical activity, such as a sports league or a gym/fitness center. Take some time to yourself regularly. Identify resources that can help you with a sleep schedule or ideas for meal planning. Practice positive self-affirmations. Develop a positive statement to repeat to yourself daily. When you change your thoughts, you can change your mood and attitude.

Continued on page 4

Valentine's Day, February 14th

The first Valentine's Day was in the year 496 and is believed to be a very old tradition, thought to have originated from a Roman festival. The Romans had a festival called Lupercalia in the middle of February, officially the start of their springtime. It is thought that as part of the celebrations, boys drew names of girls from a

box. They then would be boyfriend and girlfriend during the festival and sometimes they would get married. Later on, the church wanted to turn this festival into a Christian celebration and decided to use it to remember St Valentine too. Gradually, St Valentine's name started to be used by people to express their feelings to

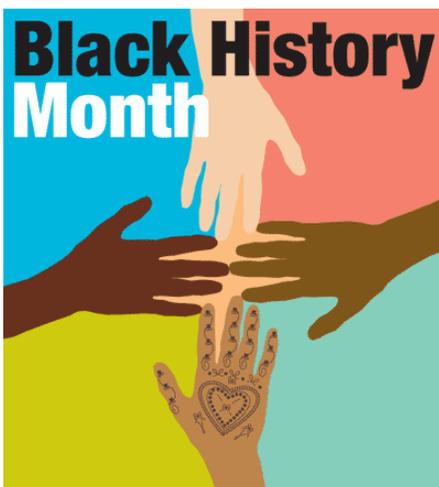
those they loved.



IMPROVING OUR EMOTIONAL WELLNESS, continued from pg. 3.

Excerpts from, [Creating A Healthier Life A Step by Step Guide](http://WWW.SAMHSA.GOV/WELLNESS-INITIATIVE), SAMHSA. WWW.SAMHSA.GOV/WELLNESS-INITIATIVE pgs.21-22

AREA	THINK ABOUT...	RESOURCES
Stress	<ul style="list-style-type: none"> • Are you learning to manage stress in ways that work for your lifestyle? • Do you recognize stress triggers and appreciate that you are not your feelings? • Feelings are fleeting and will pass. • Do you welcome and cultivate positive, empowering thoughts and emotions? 	<ul style="list-style-type: none"> • Take a step back when in a stressful situation. • Practice deep breathing or other relaxation techniques. • Try out different coping exercises or strategies when not in a stressful situation. When challenges arise, you will be better prepared to deal with them. • Practice finding positives (a silver lining) in something that you feel is negative. Support others in doing this, as well.



Black History Month was created by twentieth-century historian Carter Woodson, who believed black Americans were not adequately represented in the study of American history. Carter Woodson hoped for the day when black history would be accepted as a part of American history. Formerly known as Negro History Week, Black History Month was officially declared by President Gerald Ford in 1976. Learn more about African-American history. Here are a few books we suggest reading during Black History Month:

- Autobiography of Malcolm X by Malcolm X
- Letter From a Birmingham Jail by Martin Luther King
- The Invisible Man by Ralph Ellison
- The Fire Next Time by James Baldwin
- Native Son by Richard Wright
- Any works by Maya Angelou

Community Resources

NAMI Shasta County Family Support Group

1st & 3rd Tuesday of every month
6:30pm - 8:30pm
Hill Country Care Center
1401 Gold St.
Redding, CA 96001
(530) 691-4450
shasta.nami@gmail.com

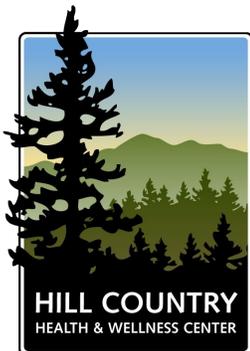
Get Involved



Shasta County Mental Health Services Act

- MHPA Advisory Committee
 - MHPA Stakeholder Workgroups
 - MHPA Volunteer Program
- Main Office-8am - 5pm
2615 Breslauer Way, Bldg. 5
Redding CA 96001
(530) 225-3678
mhsa@co.shasta.ca.us
www.shastamhsa.com

Get Involved



Hill Country Care Center

- Mental Health Resource Center
- Urgent Mental Health Services
- Assessment & Intervention
- Recovery Support
- Crisis Prevention

M-F 12pm - 9pm
Sat-Sun 11am - 9pm
1401 Gold Street
Redding, CA 96001
(530) 691-4446
www.hillcountryclinic.org



North American Mental Health Services

- Healing and Wellness through Mental Health Services
 - Telehealth Services
 - Therapy
 - Help with Medications
- M-Th 8am-5pm, Fri 8am-4:30p
1742 Oregon Street
Redding, CA 96001
(530) 646-7269
www.namhs.com

Community Resources Continued



Shasta Community Health Center

- Urgent Health Care
- Health Care/Project Hope
 - Dental Care
 - Recovery Support
 - Education
- Shasta Health Connection

M-Th 8am-8pm

(closed from 8a-9:30a on 1st Tues of every month)

Fri 8am-5pm

Sat 9am-1pm

1035 Placer Street

Redding, CA 96001

(530) 229-5115

www.shastahealth.org

Stand Against Stigma Committee Know The Truth

- Mental health problems affect almost every family in America.
- People living with mental illness make important contributions.

Make A Difference

- Learn and share the facts about mental illness and suicide.
- Treat people who live with mental illness with dignity and respect.

Committee meets at 1:30 pm the Second Tuesday of every month.

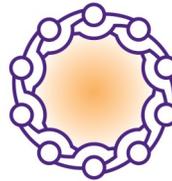
Hill Country Care Center

1401 Gold Street

Redding, CA 96001

(530) 229-8400

www.co.shasta.ca.us



Stand Against Stigma

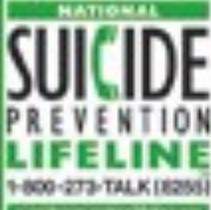
Changing minds about mental illness.



IT IS OKAY TO ASK FOR HELP!!

Just like any other part of the body, the brain can experience dysfunction brought on by stress, trauma, illness or other factors. If you are struggling, you are not alone.

More importantly, you don't have to endure the struggle without help or treatment.



1-800-273-TALK (8255)

suicidepreventionlifeline.org

The Olberg Wellness

The Olberg Wellness Center welcomes all adults, especially those living with persistent mental health challenges, who enjoy a peer support and ember directed wellness program that fosters recovery and resiliency. These services include peer support, socialization opportunities as well as wellness and recovery activities.

The Olberg Wellness center is a community focusing on hope, recovery, education, advocacy and peer support in a stigma free environment. All services are FREE and open to the public 18 years of age and older.

Recovery oriented activities and services include:

- Peer and Staff led groups and activities
- 12-Step/Dual Diagnosis recovery groups
- Peer Support
- WRAP classes and groups
- Socialization
- Cal Fresh Heathy Living workshops
- Life Skills

The Olberg Wellness Center
 M-F 10am-3pm
 2757 Churn Creek Rd, Suite D
 Redding, CA 96002
 (530) 247-2231
www.nvcss.org

The Olberg Wellness Center is a program of Northern Valley Catholic Social Service, and is supported by Shasta County Department of Mental Health and MHA Prop 63 funding.



Northern Valley
 Catholic Social Service
 INSPIRING HOPE & TRANSFORMING LIVES

WELLNESS • RECOVERY • RESILIENCE

February Calendar of Groups

Monday	Tuesday	Wednesday	Thursday	Friday
10a Urban Walk	10a Communica-tions	10a Assertiveness	10a Self Esteem	10a Social Skills
11a The Power of Thinking Positively	11a 12 Step Recovery	11a Dual Diagnosis 12 Step	11a Overcoming Depression	11a Independent Living Skills
12p Games	12p The Power of Thinking Positively	12p Exercise-	12p Members Meeting	12p Games
1p Grief Support Group	1p Overcoming Depression	1p Coping Skills	1p Gratitude Group	1p Arts & Crafts
2p Meditation	2p Arts & Crafts	2p Sewing	2p Friendship Group	2p Sacred Spaces