

The Wellness Shack, Inc.

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Improving Emotional Health

People who are emotionally healthy are in control of their emotions and their behavior. They are able to handle life's challenges, build strong relationships, and recover from setbacks. But just as it requires effort to build or maintain physical health, so it is with mental and emotional health. Improving your emotional health can be a rewarding experience, benefiting all aspects of your life, including boosting your mood, building resilience, and adding to your overall enjoyment of life.

What is mental health or emotional health?

Mental or emotional health refers to your overall psychological well-being. It includes the way you feel about yourself, the quality of your relationships, and your ability to manage your feelings and deal with difficulties.

Good mental health isn't just the absence of mental health problems. Being mentally or emotionally healthy is much more than being free of depression, anxiety, or other psychological issues. Rather than the absence of mental illness, mental and emotional health refers to the presence of positive characteristics. Similarly, not feeling bad is **not** the same as feeling good. While some people may not have negative feelings, they still need to do things that make them feel positive in order to achieve mental and emotional health.

People who are emotionally and mentally healthy have:

- A sense of contentment
- A zest for living and the ability to laugh and have fun
- The ability to deal with stress and bounce back from adversity
- A sense of meaning and purpose, in both their activities and their relationships
- The flexibility to learn new things and adapt to change
- A balance between work and play, rest and activity, etc.
- The ability to build and maintain fulfilling relationships self-confidence and high self-esteem

These positive characteristics of mental and emotional health allow you to participate in life to the fullest extent possible through productive, meaningful activities and strong relationships. These positive characteristics also help you cope when faced with life's challenges and stresses.

The role of resilience in mental and emotional health:

Being emotionally and mentally healthy doesn't mean never going through bad times or experiencing emotional problems. We all go through disappointments, loss, and change. And while these are normal parts of life, they can still cause sadness, anxiety, and stress. The difference is that people with good emotional health

HOURS	
SUNDAY	CLOSED
MONDAY	1-6PM
TUESDAY	1-6PM
WEDNESDAY	1-6PM
THURSDAY	1-6PM
FRIDAY	1-6PM
SATURDAY	CLOSED

WELLNESS SHACK DATES TO REMEMBER!!!

ANXIETY & DEPRESSION	MONDAY 4-5:30PM
BIPOLAR GROUP	TUESDAY 2:00 3:30PM
PROCOVERY	WEDNESDAY 4-5PM
GENERAL SUPPORT GROUP	THURSDAY 1:30-3:00PM
DUAL RECOVERY ANONYMOUS	FRIDAY 4-5PM

have an ability to bounce back from adversity, trauma, and stress. This ability is called *resilience*. People who are emotionally and mentally healthy have the tools for coping with difficult situations and maintaining a positive outlook. They remain focused, flexible, and creative in bad times as well as good.

One of the key factors in resilience is the ability to balance stress and your emotions. The capacity to recognize your emotions and express them appropriately helps you avoid getting stuck in depression, anxiety, or other negative mood states. Another key factor is having a strong support network. Having trusted people you can turn to for encouragement and support will boost your resilience in tough times. Helpguide.org

Dr. Weggel Presentation

Please join us **Wednesday April 13, 4-5pm** for a presentation on Personality Disorders by Dr. Weggel. There will be a Question & Answer opportunity following the presentation, so come ready with your questions!



~Volunteer Training April 1~

Volunteer Training will be held **April 1, 2-4pm**. This training is required of all volunteers, new and existing, and strongly recommended for all board members. Please join us to learn about peer support, trauma informed care, handling difficult situations and emergency preparedness.

~Listening Session Results~

On March 2nd The Wellness Shack held an Expansion Listening Session. Along with a lot of great questions and dialogue, our members made some important decisions. Our members decided that we should expand our hours into the evenings a few nights per week and begin a capital campaign to expand our space! We are currently expecting to expand our hours in July, offering evening Support Groups—watch our Newsletter and Calendar for updates!



Grassroots Wellness Peer Run Respite & Learning Community Open House



The Peer-run Respite at 820 N. Broadway in Menomonie will be hosting an open house on **April 4 from 3:00pm to 7:00pm**. The Peer-run Respite is a non-medical alternative for people who want support for self-directed healing rather than traditional care and treatment services.



They will be opening to guests on Tuesday, April 5th!



Empowerment Days 2016!

Empowerment Days is being held in Madison, May 10-11 at the Concourse Hotel. Two tracks are available this year—One track for learning and advocacy, one track for discussion papers to be brought to legislators! This is your chance to have input on mental health issues in our state! For more information or to register, see grassrootspower.org or stop into The Wellness Shack to pick up a registration form.

What's the real scoop on Healthy Eating?

Join us for an informative presentation on healthy eating by a registered nurse on **April 18 at 3:00pm!**

