

The Wellness Shack, Inc.

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7 Ways to Cultivate Your Inner Strength

1. Know who you are.

Insecurity is an inner-strength killer. Your personality is the foundation of power. Get to know it well. Use tools like StrengthsFinder and the work of Kathy Kolbe to understand who you are and how you function best. Then, work on getting comfortable in your own skin. The happier you are with yourself, the less the outside world can do damage, and the more you can give in peace.

2. Spend time in silence.

The world is a noisy place. Distractions and disruptions can chip away at your core, leaving you frazzled and beat up. Take time to rejuvenate. Set aside one day a month to completely unplug from everything. That means no email, music, TV, or people. It's a great time to connect with nature and just sit with your thoughts. The only way to calm your inner chaos is with 100 percent focus.

3. Set a routine.

Every ounce of energy wasted drains your inner strength. Why do things inefficiently and redundantly? Control what you can control so you can focus your efforts and brainpower on the things you can't control. Grab a notebook. Separate your daily tasks into repetitive tasks and thinking tasks. Then create processes and routines for the repetitive tasks. You'll be thrilled with the time and brain space you just found.

4. Create the right circle.

Hanging out with the wrong people can deplete your energy with every visit. Their inner weakness can suck the life from your inner core. Build your world with others who are strong inside. Keep company with those who celebrate you and feed positive energy into your life. Be brutal and protective about the company you keep. One sour person can take down the whole community.

5. Gain control of your body.

It's tough to feel strong inside if you are unhealthy outside. Make a strong effort to be fit and attractive. Eat well, exercise, and dress in a way that makes you feel good about yourself. Be proactive about your health, and you can use your body to strengthen your soul. I gain much of my strength from kayaking and running. Make yourself feel good when you look in the mirror and you'll start the day feeling powerful.

6. Give yourself a good home.

When you can't go home and relax at night, you begin every day with a weak start. Get your house in order. If your relationship is bad, fix it or end it.

Make sure you live in a home that makes you feel happy and proud. Your home should be a safe haven that is worth working and fighting for.

7. Connect with the source of your power.

Regardless of your religion, you can gain inner strength by connecting with your spiritual source. Through prayer, meditation, or simply deep thought, you can center yourself in the universe and understand your role in something bigger and worthy.

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
SMART RECOVERY (Starting May 24)	TUESDAY 6:00-7:30
PROCOVERY	WEDNESDAY 4-5PM
GENERAL SUPPORT GROUP	THURSDAY 1:30-3:00PM
DUAL RECOVERY ANONYMOUS	FRIDAY 4-5PM

Connect your core with the world around you, and greatly amplify your inner strength. <http://www.inc.com/kevin-daum/7-ways-to-cultivate-your-inner-strength.html>

Happy Memorial Day



Thank you Dr. Weggel

We would like to thank Dr. Weggel for his time and expertise in providing presentations at The Wellness Shack over the last several years. We have had many informative and interactive presentations on a diverse variety of mental health issues. Congratulations on your retirement, Dr. Weggel!

Mental Health First Aid Training

Sacred Heart and St. Joseph's Hospital are hosting a Mental Health First Aid Training on May 3 & 10. This is a two-part morning series from 8:00am-12 noon. The cost is \$12.00, location Korger-Chesnut Building, 140 W. Elm St., Chippewa Falls. To register, please call Kasandra at 715-720-3749!

Course Description: Mental Health First Aid is a public education program that introduces participants to risk factors and warning signs of mental illnesses, builds understanding of their impact, and overviews common supports. This 8-hour course uses role-playing and simulations to demonstrate how to offer initial help in a mental health crisis and connect persons to the appropriate professional, peer, social, and self-help care. The program also teaches the common risk factors and warning signs of specific types of illnesses, like anxiety, depression, substance use, bipolar disorder, and schizophrenia. Mental Health First Aid is included on the Substance Abuse and Mental Health Services Administrations National Registry of Evidence-based Programs and Practices (NREPP).

SMART Recovery is back!

SMART Recovery returns to The Wellness Shack on **Tuesday May 24, 6:00-7:30pm!** SMART Recovery (Self Management And Recovery Training) is for individuals who have chosen to abstain, or are considering abstinence from any type of addictive behaviors (substances or activities), by teaching how to change self-defeating thinking, emotions and actions, and work toward long-term satisfactions and quality of life.

We've had many requests from both members and non-members to bring SMART Recovery back to The Wellness Shack. With two new SMART Recovery facilitators, meetings will be held every Tuesday evening!

Come make a Birdhouse!

We'll be making birdhouses again this year on **Monday May 16 from 2:00-4:00pm!** All materials are provided at no cost to you, and you may take your birdhouse home with you! Join us for a fun-filled 2 hours of creativity!



Board Elections In June

It's that time of year again—The Wellness Shack Board Elections are just around the corner. If you would like to fill out an application to become a board member of The Wellness Shack, please stop in Monday-Friday 1:00-6:00pm. Board Elections will be held **Friday June 10, 1:00-6:00pm** and new board member orientation will be held **Friday June 17, 2:00-4:00pm.**

New Certified Peer Specialist

We would like to welcome our new Certified Peer Specialist, Michael Conwill to The Wellness Shack! Through United Way of the Greater Chippewa Valley funding, we now have 3 peer specialists available to our members! Robert Geiger, Constance Carroll and Michael Conwill are available for walk-in or by appointment for peer support counseling.

