



The Wellness Shack, Inc.

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NEW HOURS

SUNDAY	CLOSED
MONDAY	1-6PM
TUESDAY	1-6PM
WEDNESDAY	1-6PM
THURSDAY	1-8PM
FRIDAY	1-6PM
SATURDAY	CLOSED

The End of Winter

February and March have been known to be months during which people suffer depression more than any other months of the year. Over the years, there have been several theories presented to explain this unfortunate phenomenon. Seasonal Affect Disorder holds merit because our bodies need sunlight to function at their best. Holiday blues is another theory, after all the fun and excitement of Thanksgiving, Christmas and New Years, the months of February and March have no Holidays to celebrate.

Volunteers Needed

- *Participate in fund raising events
- *Share your experience
- *Be a friend and mentor
- *Be on the board and help make decisions
- *Give back to the community by helping other people with mental illness
- *Volunteer at the office
- *Help write newsletters

WELLNESS SHACK DATES TO REMEMBER!!!

PROCOVERY 4-5PM	WEDS
CREATIVE ARTS 3-4PM	1st and 3rd WEDS
DUAL DIAGNOSIS 11:30-12:30PM	THURS
SUPPORT GROUP 6:30-8PM	THURS
OMAR 1 ON 1 1-3:15PM	THURS
EMPOERMENT DAYS April 3-5	Madison
NAMI CONFERENCE April 15-17	Milwaukee

Could it be, there is another possibility for the Winter Blues? January and February are the middle months. They are half way between the excitement of November's first snow, and the dawn of a new Spring. Half way points are notorious for causing emotions of depression and anxiety. For example: people crossing Lake Michigan for the first time have reported feeling anxious and unsettled when they reach the halfway point. With neither shoreline in sight, it becomes unsettling and scary. If you have ever walked through the train tunnel near Elroy, WI the experience is the same. At the center of the tunnel people report feeling anxious. After all, halfway between something is when we are most vulnerable. I'm certain that if a person were stuck there at the half way mark, not able to move in either direction, eventually they would feel depression.

Half way points challenge our sense of hope. Is it going to get any better? Is it going to get any worse? Or, is this situation just going to continue for the rest of my life? Without Hope, we are stuck. Hope is the motivator to move us forward. When I made my first trip through the Elroy tunnel, I experienced the fear mentioned above. I witnessed children who had run ahead of their parents slowly return back to them as the middle of the tunnel grew nearer. Some of the children started to cling to their parents. Couples moved closer to each other. They were anxious. The second time I went through the tunnel, I didn't feel as anxious as I did the first time. My experience told me that this situation would not last forever. My faith told me that I only needed to keep moving forward.

In her book, *The Power of Procovery*, Kathleen Crowley writes about the power of Hope. "If you take a Procovery – orientated step, no matter how small, you not only create a new possibility of a positive outcome (because that new possibility of a positive outcome exists) you create Hope. And this hope, in turn, tends to spur more positive action." By taking action towards Procovery, no matter how small, we create Hope within ourselves. Healthy actions move us forward and create more Hope. No action, or unhealthy actions, reinforce in us the hope lessens and adds to our daily struggle. "Hope lessens" is not a typo. No action, or unhealthy actions create periods of time when Hope "is less" in our lives.

People in recovery from alcoholism find hope in helping others. Even the families of practicing alcoholics find Hope in helping each other battle the disease of Alcoholism. In Alanon's book, *Hope For Today*, they write, "At times when we feel the insanity of the disease, we hear those who are saner. Even during our darkest times, there is usually someone whose path is darker. As we reach out to those individuals, we can discover the hope we thought we had lost."

What the Wellness Shack means to me—Linda Miller

Wellness Shack means to me a place to go to where I can get some sympathy, empathy, and sometimes some problem solving ideas, as well as, making friends and acquaintances. Fun is definitely a big part of the Wellness Shack as parties and get-togethers are experienced by the group. Learning conventions, seminars and other educational events also afford one to learn and know about our government, welfare system and other related topics.

NAMI Wisconsin Annual Conference 2011

- **Dates:** April 15-16, 2011
- **Time:** Check-in begins at 7:30 AM each day, final breakout session ends at 3:45 PM on Saturday, April 16th
- **Location:** Hilton Milwaukee City Center - 509 W. Wisconsin Avenue Milwaukee WI 53203

