

# The Wellness Shack, Inc.

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**JUNE 2023**

## **ALL MEMBERS MEETING** **AND** **BOARD ELECTIONS**

**FRIDAY, June 16th**

Voting — 1:00PM to 6:00PM

Potluck — 5:00PM to 7:00PM

BRING A DISH TO PASS.

IF YOU CAN'T AFFORD PLEASE COME ANYWAY.

The Candidates are:

Tim Kruse .....running for 3rd term

Bob Schrader.....running for 3rd term

Emily Hochwald.....running for 1st term

Larry Skolnik.....running for 1st term

Avery Jacobson.....running for 1st term

Catherine Decker...running for 1st term

The "All Members Meeting" is an opportunity for TWS members a chance to talk with

Board Members and Candidates.

This is a chance to share your ideas, suggestions, concerns, and/or complaints in a casual gathering.

*Hope to see you there!*

Wellness Shack	Daily Hours
MONDAY	1:00PM to 6:00PM
TUESDAY	1:00PM to 6:00PM
WEDNESDAY	1:00PM to 6:00PM
THURSDAY	1:00PM to 6:00PM
FRIDAY	1:00PM to 6:00PM

### **RECOVERY SUPPORT GROUPS**

<b>ANXIETY &amp; DEPRESSION SUPPORT</b>	<b>MONDAY</b> 4:00 - 5:30 PM
<b>BIPOLAR SUPPORT</b>	<b>TUESDAY</b> 2:00 - 3:30 PM
<b>SCHIZOPHRENIA SUPPORT</b>	<b>TUESDAY</b> 3:30 - 5:00 PM
<b>PRO-ACTIVE RECOVERY</b>	<b>WEDNESDAY</b> 4:00 - 5:00 PM
<b>DUAL DIAGNOSIS SUPPORT</b>	<b>WEDNESDAY</b> 5:00 - 6:00 PM
<b>GENERAL SUPPORT</b>	<b>THURSDAY</b> 1:30 - 3:00 PM
<b>GRIEF SUPPORT</b>	<b>FRIDAY</b> 2:00 3:00 PM

### **Festival Foods MALL DRIVE- Brat Stand**

Friday, June 23rd  
Saturday, June 24th  
Sunday, June 25th

**10:00am to 6:00pm**

**Sign up to help.**

**There will be 3 shifts each day:**

9:00am to 12:00pm

12:00pm to 4:00pm

4:00pm to 7:00pm

**Sign-up sheet will be on the desk**

**"Don't say you can't until you  
prove you can't."**

—Les Paul (June 1957)

## Our Brains, Brain Cells and Super-Highways

Our brains are made up of trillions of cells that look kind of like the roots of a tree. These cells, called neurons have a center that reminds me of a splattered egg. From the edges of this nucleus a tiny string-like fiber grows out to form what looks like the fibers of the roots of a plant. These fibers branch out in all directions and connect with other bunches of fibers that lead back to another splattered egg nucleus.

So, here is how the brain works: A “spark” is generated in the nucleus of one brain cell and travels down the root-like fiber until it gets to the root ball at the end. Then the spark jumps between a microscopic space to link to another brain cell’s roots and the spark continues until it gets to the cell’s nucleus (the splattered egg-like thing) where it gets redirected to travel to another brain cell.

What is amazing is that these sparks travel through this road map of brain cells at about 290 mph and they make all their connections to their destination without screwing up. Some of these pathways are like the I94 interstate to Minneapolis. Some are like Highway 12 to Augusta. And some are like a country back road.

The thing about the brain is that the more a connection (or neuropathway) is used, the bigger it gets. The bigger it gets, the easier and faster it is for the impulse to travel that particular route. That is how habits are formed. Habits become like interstate highways.

If you drive a certain road enough times you get to know it better. You know when there is going to be a curve in the road or a hill. The more you drive it the more practiced you become and soon your driving it without even thinking where you are. You just know where you are going.

Some habits we need: Some we don’t: and some we don’t even know we have. Recent science has found that we can change old habits and develop new habits. They call it “Re-mapping the Brain.”

Imagine your brain as a road map. There are thick lines and thin lines, and maybe different sizes in between. If one (or more in Wisconsin during the summer) are being repaired or re-paved, the traveler ends up on a detour. The detour takes us into new territory and now the road is a new experience to us. We pay attention more because we don’t know where the turns are. We don’t know the new road. The new experience opens us up to options we didn’t know we had. Our perspective has been changed.

When we begin experiencing anxiety, we may not know the cause. In some cases there is no cause. The same with can happen with depression and other conditions. One of the steps in recovery we can use is to construct a road block so that we force ourselves to take a different route.

Consider anxiety for example: Anxiety feels uncomfortable. Our body responds with a protective instinct of fight or flight. It pumps more adrenaline into our body so that we have the energy to fight the threat, or the energy to run away from it. But even though there is nothing to fight and no reason to run, the adrenaline continues to build up. Now our heart starts to beat faster. Our senses become more attentive to what’s around us. Our body adds more adrenaline. Eventually we are lead into a panic. Increased panic can lead to fear, and fear can become so intense we end up in the ER.

Try the re-mapping idea. Controlled breathing can be the road block to detour us onto a different route. Focusing on our breathing will slow down the heart. Gradually the panic will dissolve. If we consistently practice controlled breathing (Breathe in for a count of 4, hold it for a count of 2, exhaled slowing for a count of 6) it will become an automatic response to us when we start feeling anxiety. We look around. Acknowledge there is know threat. Confirm to our self that we are safe, and our controlled breathing will interrupt the body’s response. Gradually we will become more relaxed. I know this because I do this to manage my anxiety.

The Wellness Shack is funded by donations from friends, families and these organizations

