



# The Companion

PSFC Newsletter – Issue #16

May/June 2020

First, I hope each of you are safe and well! I know these are strange days. Many are home and coping with a lot of “firsts” and having little face-to-face interaction with people outside our homes. Some are essential workers and are braving the day-to-day challenges of this pandemic and continue to take care of others’ daily needs. Whatever our situation, we are all having to be inventive and remembering to “keep safe” and it’s difficult, especially to grievers. Hopefully, the information I am about to share will help give you a little mental health break.

Did you know that May 1st is *May Day*? I am told that people long ago would leave a flower on someone’s door with the express purpose of welcoming in a change of season. So, given our situation, we could all use a little mental health break and a “hug” in the form of a flower or hand-written note left at someone’s door. Just a suggestion, but one that I will participate in during my walk around the block.



As for May, and even June (since many of our activities have been postponed and cancelled), I am giving you a “**30-Day Mental Health Challenge**” (adapted from *Good Housekeeping*). It’s like a makeover for your mood, and it can bring you (and others) some joy and love. So start marking the days off one-by-one to see your progress. If you do, I know it will help you smile even for a brief moment every day.

I would love to know how many of you took up this challenge, so let me know.

*Peace and Love my Friends, Jeanette*

<b>Day 1:</b> Do deep breathing exercises (or leave a flower for a few neighbors)	<b>Day 2:</b> Talk to a friend by phone or video call (can you hear/see me now?)	<b>Day 3:</b> Do something unexpected (like ordering pizza for your neighbor)	<b>Day 4:</b> Donate something you never use	<b>Day 5:</b> Do 15-30 minutes of yoga (I don’t think sitting in the easy chair counts)
<b>Day 6:</b> Plan a healthy meal (or order delivery—I do this almost every day)	<b>Day 7:</b> Ask for help	<b>Day 8:</b> Listen to your favorite music (feel it, sing at the top of your voice)	<b>Day 9:</b> Take 10 minutes to read with no distractions (I 30 minutes or more)	<b>Day 10:</b> Go for a walk (wave at people even if you don’t know them)
<b>Day 11:</b> Take a long soak in the tub (at least allow yourself 20 minutes)	<b>Day 12:</b> Practice a favorite hobby (if you don’t have one—be creative)	<b>Day 13:</b> Get distracted by a movie (don’t forget the popcorn)	<b>Day 14:</b> Go to bed 30 minutes earlier (turn off your electronic devices)	<b>Day 15:</b> Drink only water today (coffee is colored water, right?)
<b>Day 16:</b> Schedule a game night (if it’s just you, sudoku, crosswords, puzzles)	<b>Day 17:</b> Set a mini goal and reward yourself (cookie anyone?)	<b>Day 18:</b> Cross an item off your to-do list (I guess this one could be it)	<b>Day 19:</b> Compliment someone (I will happily accept one)	<b>Day 20:</b> Plan a cozy night (with blankets & candles)
<b>Day 21:</b> 5-minute meditation (staring contest works too)	<b>Day 22:</b> FaceTime with family from afar	<b>Day 23:</b> Do something outside	<b>Day 24:</b> Date night (yes, at your dining table with the good dishes)	<b>Day 25:</b> Unfollow negative social media (I am going to have fun doing this one)
<b>Day 26:</b> Say “NO” to something (with no guilt)	<b>Day 27:</b> Have a phone-free night (this is so you can relax)	<b>Day 28:</b> Watch a silly video (YouTube is full of them)	<b>Day 29:</b> Write down something good that happened today	<b>Day 30:</b> Adopt a new habit (or pet from the shelter)

**Comfort Corner**

People to Remember

**ETERNAL REST:**  
 David – May 7<sup>th</sup>  
 Tommy – May 18<sup>th</sup>

**BIRTHDAYS:**  
 Brandon – May 3<sup>rd</sup>  
 Richard – May 6<sup>th</sup>  
 Jeff – May 7<sup>th</sup>  
 Roland – May 28<sup>th</sup>  
 Nick – June 10<sup>th</sup>  
 Jacob – June 27<sup>th</sup>

    Luke – May 18<sup>th</sup>  
 Mark – May 25<sup>th</sup>  
 Roland – May 29<sup>th</sup>  
 Bob – June 5<sup>th</sup>  
 Karl – June 7<sup>th</sup>  
 Henry – June 20<sup>th</sup>  
 Jeff – June 29<sup>th</sup>

WE OFFER SUPPORT

**General support meetings:**  
 3rd Thursday of the month

**Sibling support meetings:**  
 2nd Wednesday of the month

**Support groups meet from 6:00-8:00 p.m. at 211 E. Franklin Street, Suite F, Appleton, WI**

UPCOMING EVENTS

May is **Mental Health Awareness Month**. Since 1949, the goal has been to “fight stigma, provide support, educate the public, and advocate for policies that support people with mental illness and their families.” It also aims to draw attention to suicide, which can be precipitated by some mental illnesses.

**Events are “to be determined” at this time.**

**November 7th:** Save the date for the Starlite Club fundraiser which is still being planned at this time.