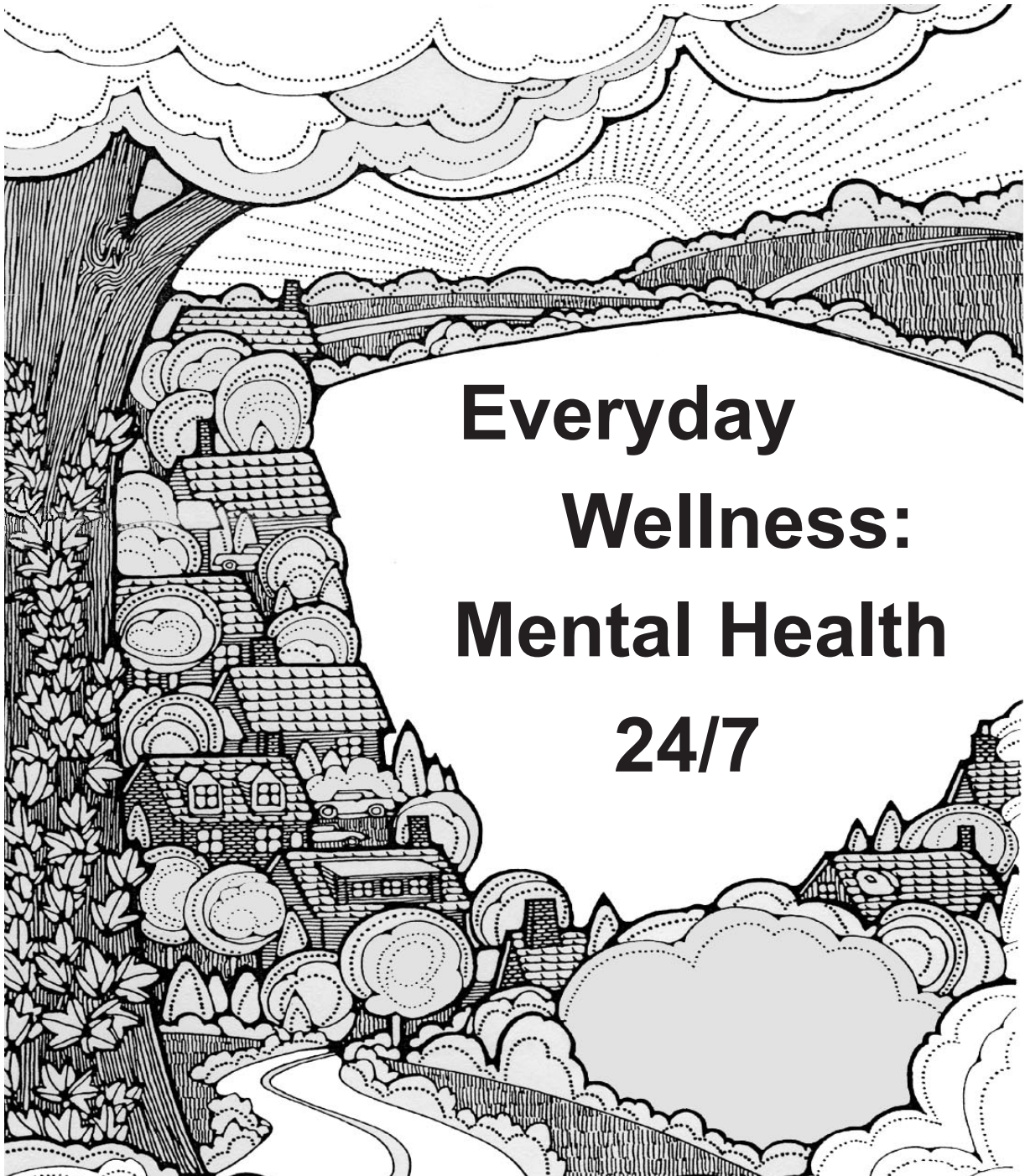


States of Mind

The Publication of the Mental Health Association in Tompkins County

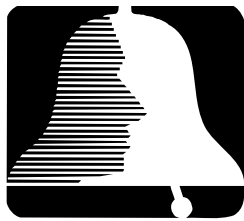
Winter/Spring 2010



**Everyday
Wellness:
Mental Health
24/7**

To understand and improve the mental health of our community

a d v o c a c y • i n f o r m a t i o n • e d u c a t i o n



Mental Health
Association
Board of Directors
Winter/Spring
2010

President – Fred Gentz
Vice President – Joanne Zager
Secretary – Marty Crowe
Treasurer – Christy Ludlow
Esther Herkowitz
Jeanette Tyson
Adrienne Lampert
John Ward, Sr.
James Root
Leon Wylde

The Mental Health Association in Tompkins County is composed of people working together to improve the mental health of our community. The goal of this publication is to inform the community about ideas, different viewpoints, developments and activities in the field of mental health; its contents are not intended to provide advice about individual problems. Such advice should be offered only by a person familiar with the detailed circumstances in which the problem arises. Unless otherwise noted, opinions expressed in *States of Mind* are the opinions of the authors and not necessarily those of the Board of Directors, staff or membership. Submissions and announcements are welcome. Please call (607) 273-9250 if you wish to submit an article, poem, story or drawing, or send it to:

Editor, SOM, MHATC
614 West State St., Ithaca, NY 14850.

EXECUTIVE DIRECTOR - BETH JENKINS
COMMUNITY EDUCATOR - CATHERINE WEDGE
GUEST EDITOR - RACHEL PRIOR



MHATC is a United Way agency

Table of Contents

3. From the Desk of the Executive
Director: Beth Jenkins
4. "Working for My Baby" by Judy Swann
and "String Quartet"
by Kathryn Howd Machan
5. My Key to Sweet Dreams
by Mary Zylich
6. Why Wellness? by Rachel Prior and
Heal your Thoughts by Libby Reid
7. Managing Your Everyday Stresses
and Anxieties by Stan Popovich
8. "For the Little Girl Inside of Me"
by Carolyn Eggleston
9. Mental Health for Students
by Chuck Guzak
10. Family & Children's Service
Celebrates 125th Year!
by Katie Foley
12. "The Veteran" by Judy Swann,
"Barbara" by Kathryn Howd Machan and
Twin Souls by Carol Evans
13. Steaks of Mind: Degrees of Wellness
by Rachel S. Pierce
15. Mental Floss by J. Brincha
16. Healthy Body, Healthy Mind
by Rachel Prior
17. No Zen by Mary Zylich and
"My Mother Slept a Lot" by Judy Swann
18. Motivational Music by Kevin Ngo
19. "Untitled" by W.T. Ranney
20. "No Laughing Matter" by Adam T. and
"Sometimes Starting is Enough"
by Judy Swann
21. "Listening" by Jemma Macera
22. Why the Bell?
by Mental Health America
23. Thanks to our Donors



From the Desk of...

The Executive Director

Beth Jenkins

At the Mental Health Association we are always trying to reach out to the community and educate people about mental health and the services available at MHA. One way we achieve this is through mental health display tables at community events.

Occasionally, while I'm working at these events I will hear someone say "I don't have any of that" as they walk quickly by our display. When this happens, the imp in me is impossible to control. My stock response is "I'm sorry. I'm sorry to hear that you do not have any mental health."

When I ask people what they mean by "I don't have any of that" most responses are focused on mental illness. Many people think that if they are not diagnosed with a mental illness they don't need to be concerned about the importance of mental health. This is simply not true.

I think most people would agree with the statement that you don't have to be diagnosed with a serious physical illness for your physical health to be a concern. This is why, even when we are feeling physically well, we still make an effort each day to get enough sleep, eat healthy and exercise. The same is true for mental health. You may never be diagnosed with a mental illness, but mental health is a concern for all of us.

That is why in this edition of *States of Mind* we are taking a focus on everyday wellness. We all have physical and mental health. Our hope is that with a focus on wellness, we can help people see the connection between the two and make informed decisions to improve their lifestyles.



Working for My Baby

By Judy Swann

I waited for you with my mouth open
in stupefaction
or what felt like a religious revival.
I waited for you propped on my pillows
with the bird cage covered, with nothing crossed.
I waited using spiritual books and comedy and
balance, I also waited out of balance.
I waited hot and cold. I waited for you when it was too early.
I had the car inspected, I bought a house.
I stockpiled food for you, I took it easy.
I waited for you longer than I've ever waited before
and though I knew you'd chose me
and that you'd chosen me before, only to pull out,
to reschedule, to test me...was your
ambivalence
a fear of this very ferocious
love I keep for you? No!
No! My love is mild, because I know
you're coming, and I'm here for you.
Everything is ready.



“A person who knows how to laugh at
himself will never cease to be amused.”

- Shirley Maclaine

String Quartet

By Kathryn Howd Machan

Growing up, I carried shame
within my bones: night music.
Brother as conductor sure
I'd follow his baton.
Father lost in his own chords
seeing nothing, knowing not.
Grandmother vainly scoring sheets
of oldest pain's sharp notes.
Heavy program in invisible ink
I read in silence, believed.
Instruments in a darkened hall,
no bouquets on the stage.
And Mother gone among the crowd,
long black velvet up an aisle,
disappearing out the door
that safely flashed bright EXIT.

My Key to Sweet Dreams

By Mary Zylich

My parents never had to enforce a bedtime. I always knew when it was time for me to fall into the warmth of my bed and surrender myself to the innocence of slumber at the age of five. I also knew if I ignored that subtle cue my body gave me, the one where you know you are tired and it is time for bed, I wouldn't be able to fall asleep for hours. It was always a mad rush; almost like how you rush a toddler attempting to be potty-trained to the bathroom before an accident happens. My mother would graciously drop whatever she was doing at the moment and rush me upstairs to embark on the bedtime routine. Knowing my window varied from five minutes to half an hour I would frantically brush and floss my teeth and quickly spit out whatever mouthwash I was given. I rushed into my room to slip on my pajamas and finally sank into my long awaiting bed. If I missed the sleep cue, I quickly lapsed into a panicked state. I would toss and turn for hours becoming so frustrated I ended up crying myself to sleep.

As I grew older it became harder and harder to determine when my body was telling me to go to bed. I can only blame this problem on the advances in technology and an unhealthy diet with minimal exercise. Staring at a computer for hours before you hit the sack does not help in any way for your body to relax. The same goes for the TV. Eating unhealthy nighttime snacks only pushes you farther away from a healthy sleeping routine. I am not by any means a certified expert; I have only traveled along the sleepless path for years.

I know for a fact that when I sit up late watching my favorite TV show or playing my favorite computer game it is twice as hard for me to fall asleep. This past summer I worked a full-time job, eight hours a day, five days a week and sometimes doing double shifts ignoring anything to do with technology. I even attempted to

establish a regular exercise routine and incorporate a healthy diet that limited my snacks. Plunging myself into utter exhaustion appeared to have a positive effect on my inability to fall asleep. But another problem reared its ugly head, even though I had solved the falling asleep problem, I still constantly woke up throughout the night.

I have been in and out of a regular sleep routine for as long as I can remember. All throughout high school I battled with the blue circles underneath my eyes. Weeks at a time I would suffer through nights where I would only obtain a meager two or three hours of sleep. I did not think it was a problem (I still do not) because it has not affected my functioning. My sleeping habits have not affected my daily routine and my physical or mental health. I might be more irritable, perhaps the smile on my face might falter at times, but I still achieve good grades in school and relationships with my family and friends are intact, which means I am able to enjoy life. I still have a good bill of physical and mental health, but when that day comes where I find my world falling into pieces because of my insomnia, I will fight to solve the problem.

A piece of advice to you, the reader; find what works for you. It is very important for one's physical and mental health to remain in balance and to enjoy life. If you feel that you cannot achieve a good night's sleep or even develop a normal sleeping routine and it is having a negative impact on your physical and mental well being, seek help. There are plenty of over-the-counter sleep aids; Tylenol PM or even natural occurring hormones, melatonin is one of them. This natural occurring hormone in your body is produced in the brain and helps regulate your sleep and wake cycles.

Don't give up; if you find yourself lost in the scary world of insomnia, there is help. There is a solution just for you; you just have to seek out and sift through of all the information that the medical world throws at you.

Why Wellness?

By Rachel Prior

The way we think about our health is changing. In the past, traditional medicine has concentrated on alleviating or curing diseases after they occur. Today, we realize that health care needs to take a more comprehensive and preventive approach. One way to achieve this is through a focus on wellness.

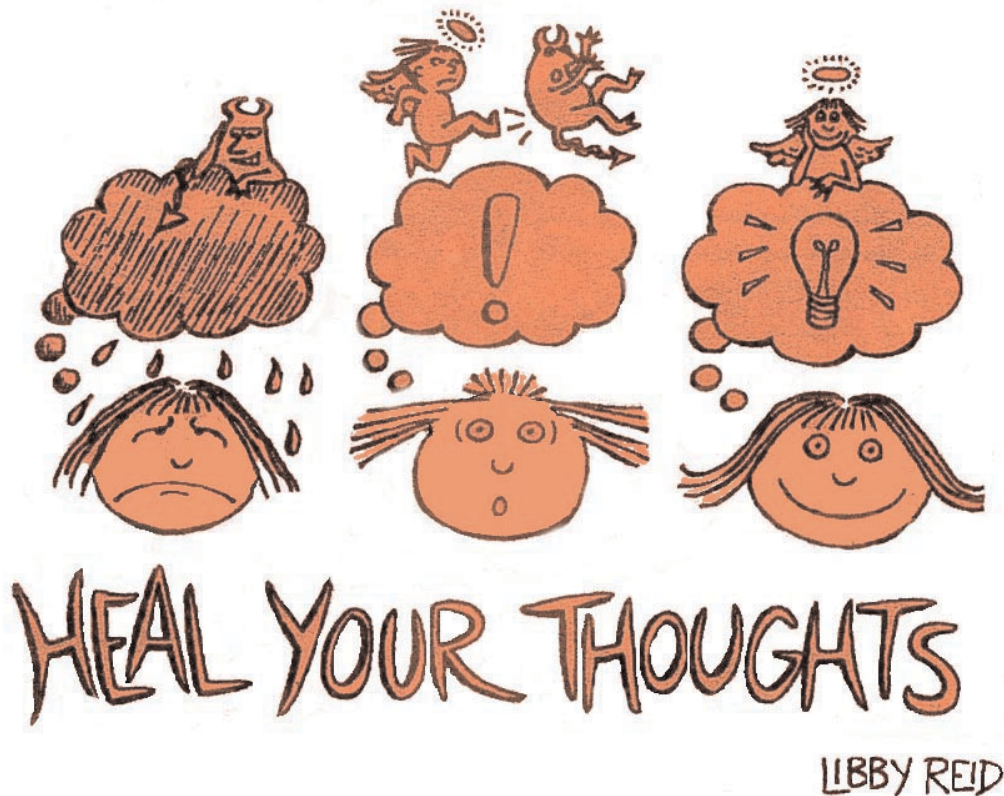
Wellness Defined

Wellness is more than just the absence of disease; it is defined by the World Health Organization as a complete state of physical, mental and social well-being.

Physical Health + Mental Health + Social Health = Wellness

With this definition in mind, Mental Health America recently launched *Live Your Life Well*, an online campaign that recognizes the interdependence of physical, mental and social health and works to help you achieve health in all of these areas. That's why on *Live Your Life Well*, you will find a variety of tools and resources focused on everything from exercise and nutrition to stress management and overall quality of life. Whether you need to focus on the physical, mental, social or a little bit of all three, *Live Your Life Well* is there to help.

Check out *Live Your Life Well* at <http://www.liveyourlifewell.org>



Managing Your Everyday Stresses and Anxieties

by Stan Popovich

We all deal with fear and anxiety and sometimes our anxieties can get the best of us. Here is a list of techniques that you can use to help manage your daily stresses and anxieties.

Sometimes you might get stressed when everything happens all at once. When this happens, you should take a deep breath and try to find something to do for a few minutes to get your mind off of the problem. You could take a walk, listen to some music, read the newspaper or do any activity that will give you a fresh perspective on things.

Another technique that is very helpful is to have a small notebook of positive statements that make you feel good. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you in your pocket. Whenever you feel anxious, open up your small notebook and read those statements.

In dealing with your anxieties, learn to take it one day at a time. While the consequences of a particular fear may seem real, there are usually other factors that cannot be anticipated and can affect the results of any situation. You may be ninety-nine percent correct in predicting the future, but all it takes is for that one percent to make a world of difference.

Sometimes, you might get depressed over a stressful situation. When this happens, you should take a few minutes to write down all the things that you are thankful for in your life. This list could include past accomplishments or all the things that you take for granted on a daily basis. The next time you feel depressed, review your list and think about the good things that you have in your life.



When facing a current or upcoming task that overwhelms you with a lot of anxiety, divide the task into a series of smaller steps and then complete each of the smaller tasks one at a time. Completing these smaller tasks will make the stress more manageable and increase your chances of success.

As a layman, I know that our anxieties and stresses can be difficult to manage, however, there are many helpful resources available. It might take some hard work and persistence, but it is possible for you to find ways to manage your anxieties.

“Winter kept us warm, covering Earth
in forgetful snow, feeding a little life
with dried tubers.”

- T.S. Eliot

For the Little Girl Inside of Me ...

By Carolyn Eggleston

When the World was shouting failures and taunting me with lies,
When my tired eyes were closed down tight
... when I was about to say goodbye.
When the coldness, my surrounding, was nipping at my crumbling leaves
Controlling me and poisoning me
How I wanted to believe ...
The hope that love might still break through! my awesome towering walls.
Hope that peace could carry me and cease my inner brawls.
Bequeathed with no rainbow, no pot of unending gold
Rather a calamity of trembling, aching bones.
Alone, I screamed and begged the World to notice my forever fears!
To acknowledge and react to my loud invisible tears.
Alas! This World is deaf and blind to my intimidating cries
The silent recognition leaves me wanting just to hide.
As I pull the frail and fading string something makes me stall,
There was a little voice inside of me who reminded to recall.
Recall those sunny days with smiles and planting sunflower seeds?
The days of bouncy pig tails mixed with sunny autumn leaves?
Recall the rambunctious spirit and that fearless fantastic grin?
The days that you could stand up tall and watch your days begin?
It's never too late to stand up and fight your prowling evil fears.
And when you feel alone and lost,
Hold tight to this cheer:
Fight for the right of the one inside you
The one who was unafraid
To climb those towering hills of snow
Rather than be the one who stayed.
For the one inside who dared to sing her first of many notes
The one whose saying always was, "just try
and rock my boat!"
And above all else remember this, that no
matter what you do,
No matter what this World says
To the little girl inside of you there will
always be a better day.



Mental Health for Students

By Chuck Guzak

Mental health is quite possibly the furthest thing from a first year law student's mind. Juggling courses, getting involved in student organizations, financing one's tuition, and attempting to maintain friendships and relationships are but a few of the myriad tasks required of a law student, and all of them are usually placed before mental health. But ignoring mental wellness may be at a student's peril, for without a healthy mental state, few of the aforementioned tasks can be tackled.

Here I will offer some tips, learned mostly by trial and error, for maintaining mental health on one's own during the first year of law school. However, if you feel like these tips aren't enough and you need professional help, look at the resources available on campus. Many universities offer on-site psychiatric care free of charge. It should be said that these tips are equally applicable for university students studying subjects other than law. I've found, after attending undergraduate, graduate and now law school, however, that these tips are especially helpful in law school, where the environment is more intense, competitive and stressful.

1. Exercise often. Studies have shown that physical and mental health are closely linked. Regular exercise is helpful both as an outlet and as a way to maintain physical and mental fitness. I also found it a beneficial way to prevent myself from continuously agonizing over a particular course topic.
2. Find multiple places to study, at least one of which is outside the university. Staying in a climate of constant stress (like a law school library) is unhealthy. Simple tasks will begin to seem increasingly stressful and unbearable when you are surrounded by hundreds of other people stressing similarly.
3. Go out every week. Make sure to take breaks from studying or stressing to go out with friends and let off some steam. Whether going to the bar with friends, bowling, or just playing board games at home, letting off steam is a good way to prevent unhealthy levels of stress or anxiety.
4. Don't entirely neglect your hobbies. While law school may be the defining feature of a first year law student's life, it shouldn't be the only feature of life. I usually try to keep reading a novel during the semester. While I usually only manage 10-15 pages a night, it is a useful escape and a reminder that I am interested in and capable of doing other things.
5. Take others' advice (including this writer's) with a grain of salt. People will have all sorts of study tips, suggested shortcuts, etc. for you, and because law school is a new and scary place, you may be inclined to accept such advice gratefully and unquestioningly. Law schools will offer workshops on note-taking, studying, and managing one's schedule, but in the end, none of that advice is important if it doesn't work for you. Attempting to study habits or methods which do not mesh with one's learning style(s) will inevitably increase stress and negatively impact mental health.



Family & Children's Service of Ithaca Celebrates 125th Year!

By Katie Foley

Family & Children's Service has been serving the Ithaca community since 1885, making it the oldest existing human service agency in Tompkins County. The organization was founded as the Ithaca Children's Home, which cared for orphaned and destitute children. Throughout the early 1900s, the Ithaca Children's Home worked closely with the Family Society of Ithaca, which provided food, clothing and financial services to needy families. In 1957 the two organizations joined forces and became the Family & Children's Service of Ithaca. Fifty-three years later, the organization remains dedicated to providing affordable professional services that support children, adults and seniors in finding solutions to the challenges of today. Programs offered by Family & Children's Service of Ithaca include:

Mental Health Services: Professional, affordable counseling and psychiatry that helps individuals and families address life challenges. The clinic offers a broad range of confidential, high quality, affordable mental health services to children, adolescents, adults, and families.

Children's Mental Health: Compassionate, family centered counseling. Psychiatry and crisis outreach services for children up to age 17.

Zero to Five Project: Comprehensive, long-term counseling for families with infants and young children, ages birth to five, who are at risk of developing social, emotional, and psychological problems. Clinicians help families with a variety of issues, including, but not limited to coping with the disability of a parent and/or child, understanding separation and/or divorce, and the development of strong parent/child relationships.

Children's Crisis Outreach Program: A four to six week crisis intervention and short-term, intensive counseling program to provide immediate mental health services for children (K-12th grade) and their families. This program aims to work quickly to stabilize mental health functioning in order to prevent hospitalization or removal of the child from home or school as the child transitions into a long-term care program.

Youth Services: Counseling and case management designed to help at-risk youth succeed.

Dispositional Alternatives Program (DAP): Offered as an alternative to incarceration or out-of-home placement, this community-based, family-centered program provides comprehensive, supportive services for youth, age seven to 18, and their families. Through counseling, case management, enrichment activities, family meetings, referrals and follow-up services, DAP fosters positive changes in behavior and attitude for youth who are having difficulties at home, school, or in the community.

Senior Services: Family and Children's Senior Services Program provides compassionate support for individuals and families caring for an older adult or an individual living with a disability. Senior Services offers a continuum of care including Respite Care, Caregiver Counseling, and Geriatric Care Management to address the common challenges that confront caregivers.

Continued on page 11

Senior Services continued

Caregiver Counseling: Education, supportive counseling and communication strategies offered by an MSW-level counselor with training in Gerontology for family members dealing with the care of an elderly relative or friend.

Respite Care: Respite services offer relief for caregivers who provide ongoing care for an individual requiring in-home supervision. Assistance is available for a few hours on a regular basis, to allow the primary caregiver personal time to engage in community activities, run errands or simply time to relax.

Geriatric Care Management: Services provided to assist older adults and their families in meeting long-term care needs. Care varies depending on the individual, but can include care-planning, assessment and monitoring of individual needs, information, referral and access to community resources, arrangement of home-maintenance, errand services and medical delivery, and a review of legal financial and medical needs.

Employee Assistance Program:

Workplace consultation, training, and short-term counseling for employees and their families. This program assists employees by addressing issues and challenges that affect their ability to function, either at the workplace or at home.

For more information on Family & Children's Service or any of the programs listed above, please contact Katie Foley (Director of Development) at (607) 273-7494 or kfoley@fcsith.org

“Hope is the thing with feathers
That perches in the soul,
And sings the tune without the words,
And never stops at all.”
- Emily Dickinson

“Every blade of grass has its angel
that bends over it and whispers *grow, grow.*”
- The Talmud

The Veteran

By Judy Swann

Six hours into my last panic attack,
I made room for myself among the six-foot
clean-stalked weed-plants that lead to the gorge,
leaves as big as my hand
only to find that in the month since I'd been there
they had produced the clusters of lily-like abundance
I so admired last year and photographed
to distraction
after the nightmares and the argument I
tried to win with the nurse-practitioner
about needing a longer session, a weekly session
when he looked up from the pad, over his half-glasses
I slipped again into the mud and the feces
and saw the flies on the lips of the infants
as thick as the flowers of this knotweed
no foreground or background, like a visual perfume
shoals of them already yellowing on the ground.
And I think I'll just stand out here for awhile.

Barbara

By Katharyn Howd Machan

I remember when you gave me
raspberries steeped for seven months
in clearest vodka, that small jar
a ruby on my window sill
the winter I lost everything
and found it all again
made new, shadows calling me
to light, the gift of your
calm fingers' harvest
a love poem on my tongue.

"A successful man is one who can
lay a firm foundation with the
bricks others have thrown at him."

- David Brinkley



— by Carol Evans

Steaks of Mind: Degrees of Wellness

By Rachael S. Pierce

How would you like your steak? This question posed frequently by waitpersons everywhere in restaurants around the world seems apropos to the topic at hand: Everyday Wellness: Mental Health 24/7. "What the ...?" you might ask. But bear with me and hopefully I'll convince you. Will it be rare, a little pink, medium rare, medium or well done? The choice is yours. And that's the point. To a great extent, we are in control of our everyday wellness.

I am bi-polar and at age 66 I have become accustomed to experiencing many varied states of mind, some welcome and occasionally some most unwelcome. The mood swings between depression and mania have been a fact of life for me for a very long time. I am pleased to say that with the help of some professional therapists, some meditation and medication as needed, and a regimen of good habits like a good night's sleep and balanced diet, I have learned to cope with my condition. The length and frequency of the cycling between alternate states of mind is for the most part up to me. I have that choice to make.

Enjoying everyday life is in essence a personal responsibility. Being spiritual beings, we can learn to be in charge of our own happiness. Happiness is within our grasp and relying on others to make it so is a recipe for disaster. The degree of wellness is what is at stake for each of us on a daily basis. The AA motto of "One Day at a Time" is a powerful reminder to start each day anew determined to enjoy or at least endure what comes our way. We are in control of only ourselves, but only we can control ourselves if not always our circumstances. Enjoying everyday life 24/7 is a commitment that takes effort. Avoiding the other type of commitment is our goal whether voluntary or involuntary.

Speaking of 24/7, the popular TV series 24 is filled with action and excitement. Our daily lives are not so much filled with thrills. Excitement is "RARE," But the lesson to be learned is to never forget that our taking action can control the outcome. Depression becomes overwhelming when we feel helpless, enervated, stymied and inert. In the brilliant comedy movie, "What about Bob?", the psychiatrist played by Richard Dreyfus takes on a patient named Bob who is filled with phobias.

Continued on page 14



Bill Murray portrays the neurotic Bob who receives a copy of the doctor's bestseller, "Babysteps." The concept is that therapy is to confront your fears by taking babysteps towards the goal to overcome what you fear the most. The process of ACTION step by step propels Bob into health, who then teaches the doc a few lessons of his own. We must never discount the value of action as a healing tool. This too is a matter of choice.

As to the 7 of 24/7, what's your lucky number? 7, long reputed to be a winner from lady luck, does play a role in our lives. There's no denying that some of us have it a little easier than others but self-pity is not that helpful and in fact sets us back in the journey. The expression "Back to square one" says it all. Do we really want to go there? I guess sometimes we need to start over and persevere 7 days a week. Encouraging yourself is a component of good mental health. Upon success, tell yourself, "WELL DONE."

Let's speak for a moment about the choice of "PINK." Pink is the color of embarrassment. There is out there a great big stigma about mental illness that cannot be ignored. It's a little like the recent discussions of racism wherein it's usually not acknowledged. Even some of my family members are fearful of me and my condition, especially in the manic phase. There is painful ostracism and discrimination which feeds on ignorance. Bringing it into the light of day can only improve the situation by confronting the taboo head on. Perhaps one day the pink will change from the blush of embarrassment into a wonderful state of "IN the PINK!"

A word must be said about the seasoning on that steak. For without salt and pepper that steak regardless of the degree of doneness wouldn't taste very good. I liken the salt and pepper to taking medication as needed. Sometimes we need more salt, sometimes more pepper and sometimes it is just right. Prescriptions are meant to be taken as needed with the guidance of our physician. More and more, prescribers recognize that the input of the patient and the balancing of side effects is vital. As with breast cancer awareness and self-examination, the sharing of information as did Betty Ford, for instance, increases understanding and tolerance. The regulation of diabetes is a balance of medication and diet and so is good mental health and wellness.

If you like your steak Medium or if you like it Medium Rare, there is a distinct difference. The manic phase of bi-polarity is particularly enticing in that creativity is enhanced making it seem desirable. The trick is to not fall over the edge into a state of mind that is difficult to control. To some of us, medium means average, routine, and therefore dull and tasteless. Whereas Medium Rare preserves the flavors we want to taste and feel. We make the choice when we maintain our control by preserving that boundary and staying away from the edge. On the grill or being grilled, it matters greatly what we choose.

Playing with words is for me a fun occupation and a play on words can evoke a groan or entertain and enlighten. The metaphysical poets of yesteryear in Elizabethan England and the "fool" in a Shakespeare play employed all manner of "conceit" and wordplay to speak truth. I hope I have convinced you that "How would you like your steak?" is a central question. And so is conceit. Although it has negative connotations in today's society, conceit is one of those

Continued on page 15

words with multiple meanings. According to Webster, it can be a “favorable opinion, an excessive appreciation of one’s own worth, a fanciful idea or an elaborate or strained metaphor.” You decide. But know that a healthy sense of self and an understanding of your own strengths and weakness can go a long way to preserving everyday wellness with confidence and success.



“Joy, temperance and Repose
Slam the door on the doctor’s nose.”
— Longfellow

Healthy Body, Healthy Mind

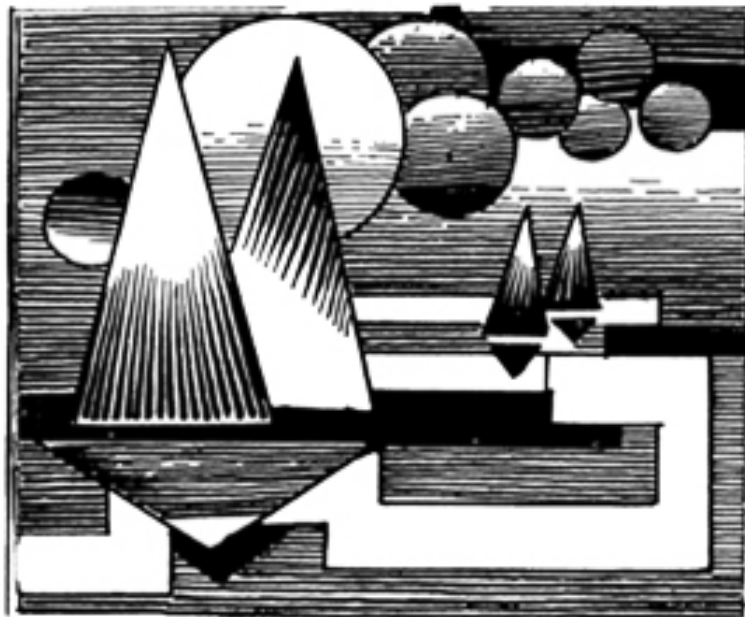
By Rachel Prior

The mind and the body are closely connected. When you improve your physical health you will also experience greater mental and emotional well-being. Focus on your physical health with these healthy tips:

Find balance. It is important to maintain a balance between your calorie intake and calorie expenditure. In other words, don't eat more food than your body uses. The average recommended daily allowance is 2,000 calories, but this depends on your age, sex, height, weight and physical activity. Calculate your recommended daily allowance at <http://www.mayoclinic.com/health/calorie-calculator/NU00598>.

Drink more water. All living things need water to survive. Our bodies depend on water to flush toxins out of our organs, carry nutrients to our cells and digest food. How much water should you drink? The old recommendation of eight 8-ounce glasses per day isn't accurate for everyone because our water needs depend on many factors such as health, age and activity level. A good rule of thumb is to have a glass of water when you wake up, one at each meal, one between each meal and one before bedtime.

Get moving. You don't have to run a marathon to get in a good workout. Just 30 minutes of moderate to vigorous exercise a few times a week can help you prevent chronic health conditions, lose weight and sleep better. Looking for fun ways to exercise? Take a ballroom dancing class, check out a local hiking trail, join a softball team or play with your kids on the jungle gym.



“One’s destination is never a place, but rather a new way of looking at things.”

- Henry Miller

No Zen

By Mary Zylich

Looking for a new book to read? Check out *No Zen* by Dr. Stephen Tien, a psychoanalyst that is currently practicing in Ithaca, New York. Dr. Tien has degrees from Harvard, Columbia and City University of New York. Dr. Tien's father was born in Beijing, China and his mother was born in Bristol, England. As a result of his parents' two colliding faiths, Dr. Tien had a unique upbringing, which resulted in him embracing a different psychological approach, Zen.

Zen teaches the potential in any believer that enlightenment is natural; anyone can do it. But the believer must reach beyond mundane, logical thought in order to embrace enlightenment. This can be achieved through simple forms of meditation. Zen emphasizes the importance of achieving enlightenment because by being enlightened, the believer has essentially become at peace with his or herself.

Dr. Tien has masterfully suggested in his book *No Zen*, that enlightenment can be achieved by simply looking beyond one's own religious beliefs and rituals and simply laughing. Dr. Tien states that: "the main message is the value of spirit, humor, being able to laugh, question, and think outside the box. Everyone is unique in their vision of the world that is spirit, not what you're told to believe by others!"

For more information on Dr. Tien and his new book, *No Zen* check out <http://www.sstien.com>

No Zen Quotes

Listen to inner voice

... get committed ...

A man may not
leave couch
in front of TV ...

see

All Reality ...

Did the child dream
she missed
school ...

or

she missed
school
& dreamed

My Mother Slept a Lot

By Judy Swann

For every perfect petal on a rosebud
For every time his eyes caressed your face
For every dainty button on a bodice
Two hours nap and a cookie.
Pull the shades down.

For every hour the school relieved you of us
For every cart of groceries put away
For every time you didn't make a hairdo
Two hours nap and a cookie.
Make the room dark.

For every failed attempt at reconnection
For every time you wondered what to do
For every chord your lute and you would weep
Two hours nap and a cookie.
Find the cool sheets.

Motivational Music

By Kevin Ngo

"Music enhances the experience of life for it has the power to move the deepest depths of our souls." - Kevin Ngo

There's no better way to motivate yourself than listening to a motivational song that pumps you up, puts a smile on your face, and shoots your confidence through the roof.

Everyone has a handful of inspirational songs that when they listen to them, it just makes them want to take action. Some of these inspiring songs can have lyrics that have nothing to do with motivation, yet we are inspired to take action. This is because we consciously or unconsciously anchor certain feelings to certain songs.

I'm sure you have a list of top motivational songs where when you hear them, it will bring you into a certain state whether it's excitement, sadness, peaceful, etc. The motivational songs below are just some songs I find motivational to me. Most of these songs have inspiring messages, some have an upbeat motivational sound to it, while others are just classic songs that conjure up images of inspiration. When you find a motivation song that pumps you up, use it to propel yourself towards the accomplishment of your goals.

All I Got by MC Hush
All About You by Classified
Beat It by Michael Jackson
Believe by Josh Groban
Boom by P.O.D.
Born For Greatness by Jana Stanfield
Can't Nobody Stop Me by Royce Da 5'9
Chariots of Fire by Vangelis
Demons Remix by Magnetic North
Dreams Come True by Disney
Dream Big by David Cook and Emily Shackelton
Dreaming by Scribe
Dreams by Alysha Antonino
Eye of the Tiger by Survivor
Feelin' Fine by Classified
Fighter by Christina Aguilera
Frontline by Pillar
You Gotta Want It by Roberta Gold
You're the Best Around by Joe Esposito
Never Give Up by Popstars
Never Give Up by Two Is One
Never Give Up by Yolanda Adams

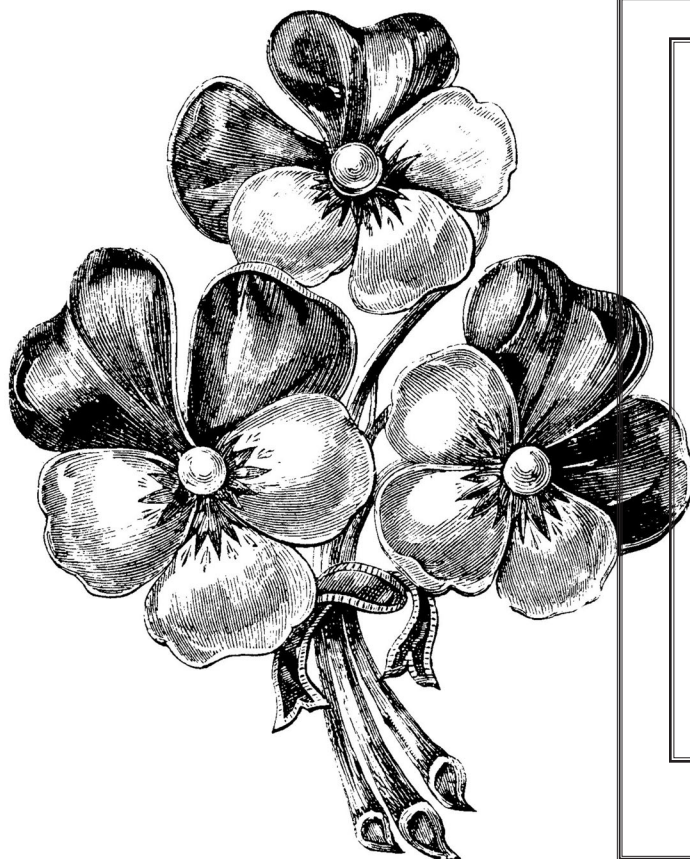
Get Ready For This by 2 Unlimited
Give Me A Sign Remix by DMX and Fort Minor
Gotta Be Somebody by Nickelback
Heart of a Champion by Nelly
Hope by Shaggy
I Believe by Yolanda Adams
I Believe I Can Fly by R. Kelly
Give It All by Rise Against
I Want It All by Warren G and Mac 10
I Will Survive by Gloria Gaynor
If I Were Brave by Jana Stanfield
If Today Were Your Last Day by Nickelback
It's A Beautiful Life by Ace of Base
It's My Life by Bon Jovi
Just Stand Up by All-Star Female Artists
Keep'n It Real by Shaggy
Live Like You Were Dying by Tim McGraw
Lose Yourself by Eminem
Man In The Mirror by Michael Jackson
Mighty Wings by Cheap Trick
Motivation Proclamation by Good Charlotte
Move by Thousand Foot Krutch

Continued on page 19

Never Give Up On Your Dreams by Disney
No Giving Up by Crossfade
One Shining Moment by Luther Vandross
Reach by Gloria Estefan
Ready For War by Mayweather / De La Hoya
Remix
Remember The Name by Fort Minor
Right Here With You by Olivia Newton
Right Now by Van Halen
Simply the Best by Tina Turner
Soar by Christina Aguilera
Stand by Rascal Flatts
Stronger by Britney Spears
Superman by Goldfinger
You Gotta Be by Des'ree

The Climb by Miley Cyrus
The Middle by Jimmy Eat World
The Moment of Truth by Survivor
The Power of the Dream by Celine Dion
The World's Greatest by R. Kelly
This is the Moment by Moody Blues
Till I Collapse by Eminem
Unbreakable by Bon Jovi
What A Feeling by Irene Cara
What Faith Can Do by Kutless
When You Believe by Mariah Carey / Whitney
Houston
You're Unstoppable by Paul Hoffman
Stand Up For the Champions by Right Said
Fred

Looking for more motivation?
Check out Kevin's site at
<http://www.motivational-well-being.com>



Cold spring night:
white snowdrop flowers
Shining in the dark.

While deep in meditation
even the haughty appear humble.

—W. T. Ranney

Mental Health

Is

1
2
3



National
Mental Health
Association™

Mental Health and You

What is Mental Health?

Many people, when they hear the term *mental health*, think of mental illnesses. But mental health is far more than an absence of a mental illness; mental health is something all of us want for ourselves.

Mental health is determined by:

- ☞ How you feel about yourself
- ☞ How you feel about others
- ☞ How you meet the demands of everyday life

One way of describing mental health is to describe characteristics of a mentally healthy person. There are many different degrees of mental health and no one characteristic is indicative of good mental health; nor can the lack of any one characteristic signify a mental illness. In fact, nobody has all the traits of good mental health all the time.



National
Mental Health
Association™

A Mental Health Checklist

- 1** *Do you feel good about yourself?*
 - ☐ I take pleasure in everyday things
 - ☐ I feel able to deal with most situations and am not overwhelmed by emotions
 - ☐ I can take life's disappointments in stride
 - ☐ I have a tolerant attitude toward myself as well as others
 - ☐ I am realistic about my abilities
 - ☐ I can accept my own shortcomings and laugh at myself
- 2** *Do you feel comfortable with other people?*
 - ☐ I am able to love and consider the interest of others
 - ☐ I have personal relationships that are satisfying and lasting
 - ☐ I can trust others and feel they can trust me
 - ☐ I do not take advantage of others nor do I let others take advantage of me
 - ☐ I feel a sense of responsibility to others
- 3** *Are you able to meet life's demands?*
 - ☐ I do something about problems as they arise
 - ☐ I accept responsibilities
 - ☐ I shape my environment when possible and adjust to life's challenges
 - ☐ I plan ahead and do not fear the future
 - ☐ I welcome new experiences and set realistic goals for myself

Mental Health America (formerly the National Mental Health Association or NMHA) has always advocated for what we refer to today as "Mental Wellness." Founded in 1950, NMHA commissioned the pamphlet shown above; it became one of the most popular pieces of mental health literature ever produced in the United States, with more than 10 million copies distributed nationwide within just a few years.

No Laughing Matter

By Adam T.

I can't stand it when people walk up behind me and scare me. I jump and people think it's the funniest thing in the world. They don't think about how it will impact the person they are scaring. I am going to list a few ways people deal with it.

1. Some people might turn and hit someone not realizing who is behind them
2. Another person might have a panic attack
3. Some people might get really angry

Sometimes Starting Is Enough

By Judy Swann

- I open the laptop and stare at the glow.
- I put a pillow on the futon.
- I load unfolded clothes into a basket.
- Starting is simple.
- Our lives are littered, and there's no comfort of it.
- Most things don't finish.
- The life I promised you trickled out.
- You ask me again and again.
- Memory freshens an old desire
- that yesterday, before the grass was so green
- and the dirt so dark with rain,

Listening

By Jemma Macera

Depression is a stopped clock
it's the absence of light
it's carrying around 100 pound sacks
of anger, anxiety, sorrow and guilt
and climbing all your mountains
encased in cement

depression is incurable
some doctors tell you
it's inherited and familial
the filmmakers and drug pushers say
it's 11 million strong the statisticians repeat
year after year
children are not allowed
50 years behind the times for me
it's my fault
it's not my fault

do something

if living well is a craft
what do I use for tools
or material
all around me melancholy people
stay that way
withered grape vines
their whole lives through
who are my models

drugs are the answer
drugs are the problem
how can I learn to walk
on legs full of only sawdust
or use a mind badly leaking hope

I left a trail ---

unhappy childhood
miserable teenhood
abusive marriage
divorce no real help
motherhood a tragedy
christianity a myth

culture a prison
education arrogance
that ended in a darkened room
beyond despair
beyond exhaustion
beyond repair
or so I thought

unfelt hands lifted me
unknown source of energy
ballooned my legs
oiled my arms
nodded my head
yes
to improved food
for thought
and deed
to new age therapy
for subconscious relearning
to shaman rituals
for banishing negative
cultural and karmic spirits

I learned
there are no absolutes
illness is a gift
teaching us
patience
kindness
truthfulness
simplicity
ecstasy
that you and i
and the goddess
are one

"If you want happiness for an hour, take a nap.
If you want happiness for a day, go fishing.
If you want happiness for a year, inherit a fortune.
If you want happiness for a lifetime, help somebody."
- Chinese Proverb

Why the Bell?

From Mental Health America

*“Cast from shackles which bound them, this bell shall ring out hope
for the mentally ill and victory over mental illness.”*

- Inscription on Mental Health Bell

During the early days of mental health treatment, asylums often restrained people who had mental illnesses with iron chains and shackles around their ankles and wrists. With better understanding and treatments, this cruel practice eventually stopped.

In the early 1950s, Mental Health America issued a call to asylums across the country for their discarded chains and shackles. On April 13, 1956, at the McShane Bell Foundry in Baltimore, Md., Mental Health America melted down these inhumane bindings and recast them into a sign of hope: the Mental Health Bell.

Now the symbol of Mental Health America, the 300-pound Bell serves as a powerful reminder that the invisible chains of misunderstanding and discrimination continue to bind people with mental illnesses. Today, the Mental Health Bell rings out hope for improving mental health and achieving victory over mental illnesses.

Over the years, national mental health leaders and other prominent individuals have rung the Bell to mark the continued progress in the fight for victory over mental illnesses.



**“People are
fundamentally good.
We are made for
love, for generosity,
sharing, and
compassion, for
transcendence.
We are made to
reach
for the stars.”**
—Nelson Mandela

With Many Thanks to our Donors

Karen Adams and John Ryan
Timothy Angel
David and Lenore Bandler
Walter and Marilyn Baurle
Joan Bechhofer
Sandra Bem
William and Betty McGuire Bemis
Barbara P. Berthelsen
Carol and Richard Booth
Gould and Cynthia Colman
Sandra Condry
Calvin Criss
Judy and Jeremy Dietz
Sharon Dittman
Mildred Drosdoff
Peggy Dunlop
Mark Eisner
Howard Feinstein, MD
Martha Ferger
Helen Fisher
Pamela Gearhart in honor of Myra Kovary
Julia Gibson
Rabbi Scott Glass (Temple Beth-el Rabbi's
Discretionary Fund)
Susan and Michael Goldberg
Dr. Carla Golden
Sue Hemsath in honor of Patty and Linda
Carman B. Hill in honor of
Jennifer Hill Gunn, MD
J.B. Hollingsworth
Kathleen Jacklin in memory of
Gertrude Shepherd
Judith Jackson for
the Judith Jackson Fund
Beth Jenkins
David and Lisa Kraskow in honor of
Marion Kraskow
Shirley Ladd and Chuck Guttman
Timothy and Susan Larkin
David Lee (Trustee) for
Marvin and Annette Lee Foundation

Mr. and Mrs. Linke Simpson
Janet Lowe
Marty and Barbara Luster
Marilyn Martin
Ann McAdams in memory of Lee McAdams
James and Gladys McConkey
Phyllis McNeill
John and Margaret Hammond Oakley
Tammy Ostrander
Kathy Rogers and Mitch Bobrow
Ward L. Romer
Ellen Rosten
John and Doreen Rudan
David Ruppert
Joseph K. and Jessica Ryan
Rebecca Schwed
Judith Shapiro-Dietz
Michael Shuler
Roger and Carole Sibley
Rachel Siegal
Pennie Small in honor of Tony Corradino
Thomas and Donna Sokol
Steven L. Stein
Sheila Stone
Douglas Sullivan, BC Chiropractic
Mr. and Mrs. R.J.Swieringa
Stephen Slade Tien
Curtis and Amanda Ufford
Larry and Susan Ward
Diane Williamson
Donna Wolff





**The Mental Health Association
in Tompkins County**
614 West State Street Ithaca, NY 14850

**Non-Profit Org.
U.S. Postage
PAID
Permit # 308
Ithaca, NY 14850**

Address Label Here

