

Helping Others Stay Positive to Protect their Mental Health this Winter

by Sherrie Rushman

This winter it might have been more challenging for people we serve to stay positive as in years past, due to the COVID-19 pandemic. Less places are open to go to and be in a variety of locations this winter, so they need to make their home life as exciting as possible.

The key is to stay grateful. Writing items to be thankful for really helps one feel it stronger.

I AM GRATEFUL FOR MANY THINGS INCLUDING:

- a wonderful hot shower on a cold snowy day
- fresh clean sheets and comforter or blankets
- clean warm pj's and slippers to feel cozy in
- watching movies by streaming it on my phone with my Amazon Prime account and Hallmark account for a small charge each month
- bundling up and taking walks every day, maybe seeing and talking with neighbor or two
- warm oatmeal for breakfast with healthy ingredients
- enjoying my decluttered, soothing home (which I did during the stay at home order)
- working on crafts, writing poems, reading a good book, or organizing something
- connecting with friends by e-mail or letters you haven't talked to for years but had enjoyed their friendship in the past
- sending cards you can buy for 50 cents at the dollar store and make somebody's day
- ordering some food in while claiming and all weekend pj time

I encourage individuals to be selective of who you spend time with so you can spend time around family, it is so good for the soul. If family is unavailable find a friend who is maintaining safety who can come over and play tic tac toe, chess or checkers etc.

I also suggest Being a Hope Giver that distracts you from your worries, loneliness and depression. Encourage the people we serve to sign up for the OCHN Power of Positive Thinking Virtual Training on 2/22/2021 from 9-11 a.m.

Individuals can also sign up for OCHN Catching Hope: Hope Givers, Hope Receivers & Hope Stealers Training on 3/22/2021 from 1-3 p.m. includes 2 free CEUS

Register for these two trainings is available at www.oaklandchn.org or call me at 248-975-9531 for any questions.

Today, brainstorm with the people you serve their own ideas list for their self to help them stay positive and protect their mental health during this winter.

Inspire hope, empower people, and strengthen communities.