

CMMHC WELLNESS BULLETIN

August 2018

August is Happiness Happens Month

The Secret Society of Happy People (SOHP) first celebrated this event back in 2000. Since then they have decided to expand the event to a whole month long of celebrating happiness. The events are all about recognizing the different kinds of being happy, taking note of how you are, what makes you happy, and sharing that happiness with others. SOHP has compiled 31 types, a type of happiness for each day of the month. Some of those types include being amused, motivated, contentment, love, and more. Their website provides a happiness counter sheet for you to focus on and record the different ways you find yourself being happy over time. As important as it is to be sure to enjoy the happiness that you have it is also important to share that happiness with others. Which ties in to their theme this year of “Be the Reason Someone Smiles”. Even though Happiness Happens Month sounds silly, it does have a very important purpose. “The month reminds us that happiness happens one small moment at a time and it’s our job to recognize those moments when they happen. It re-

minds us that sometimes a small action boosts our happiness. It reminds us that happiness is a personal experience and it’s also contagious!”

To learn more about Happiness Happens Month, visit their website <https://sohp.com/happiness-happens-month-2018/>

August 12th-18th is National Health Center Week

National Health Center Week (August 12th- 18th) is an annual celebration with the goal of raising awareness about the mission and accomplishments of America’s health centers over the past five decades.

Health centers serve 27 million patients a number that continues to grow along with the demand for affordable primary care. In addition to their long history as health care homes to millions, health centers produce innovative solutions to the most pressing health care issues in their communities and reach beyond the walls of conventional medicine to address the social determinants of health affecting special patient populations. Each year we celebrate the work and services health centers provide to special populations within their community on designated days during the week.

This year, the National Association of Community Health Centers and the Health Center Advocacy Network invites you to celebrate the incredible health care heroes– individuals who live and breath the health center mission and go above and beyond the call of duty to support the health center in providing quality health care for patients in the community.

For more information, visit their website! <https://healthcenterweek.org/>

The Science Museum of Minnesota presents– Mental Health: Mind Matters

This groundbreaking exhibition aims to build a greater understanding of the importance of mental health and create a safe space for important conversations about mental illness. Hands-on experiences throughout the *Mental Health: Mind Matters* exhibit bring you closer to the facts, feelings, and issues surrounding this topic that touches so many of our lives.

Peer into mini-dioramas of important moments in mental health history. Play a quiz show to test your knowledge of common misperceptions about mental illnesses. Hear what it's like to experience psychosis, and feel what it's like to be unable to ignore your surroundings. Watch heartfelt videos of diverse individuals talking about their personal experiences living with mental illnesses. Write down your own worries and destroy them in the Worry Shredder. Gather additional information in a resource center to share with someone you know or better your own mental health. It's time to quiet the fear and amplify our voices. It's time for healthy conversation about mental health. It is at the museum through January 6, 2019 and is included with museum admission. For more information and to buy tickets, visit their website <https://www.smm.org/mindmatters>

Appreciative Initiative

The wellness committee will be rolling out the Appreciative Initiative soon! The Appreciative Initiative is a way for employees of Central MN Mental Health Center to recognize fellow employees for assisting in projects, validating performance, and expressing thanks for a job well done. It has been shown that both giving and receiving compliments can increase mood and confidence. This boost in confidence as well as mood can impact overall wellness and in return increase performance. This happens to tie in perfectly with it being Happiness Happens Month with their theme being "Be the Reason Someone Smiles". Keep an eye out for more information about the Appreciative Initiative as the roll out date comes closer!



**UPCOMING
EVENTS★**

- Social Justice Perspective in Honoring Differences and Understanding Similarities—St. Cloud Tuscan Ballroom in the Midtown Square Mall—October 25th

Healthy Summer Lunch Idea

Chicken Salad Stuffed Avocados

Yields: 1

Cook Time: 10 Minutes

Ingredients

- * 2 avocados, pitted
- * 2 cups shredded rotisserie chicken
- * 1/4 cup red onion, minced
- * 1/3 cup mayonnaise
- * 2 tbsp. greek yogurt
- * Juice of 1 lemon
- * 1 1/2 tsp. Dijon mustard
- * Kosher salt
- * Freshly ground pepper
- * Chopped parsley, for garnish

Directions

1. Scoop out avocados, leaving a small border, Dice avocado and set aside.
2. Make chicken salad: in a large bowl, mix together chicken. Onion, mayonnaise, greek yogurt, lemon juice and mustard. Fold in avocado. Season with salt and pepper.
3. Divide salad among 4 avocado halves. Garnish with parsley.



CMMHC's Wellness Committee Mission Statement:

It is the mission of the CMMHC Wellness Committee to promote the health and wellness of staff through education and initiatives that:

- Encourage habits of Wellness
- Increase awareness of factors and resources contributing to well-being
- Inspire and empower individuals to take responsibility for their own health.
- Support a sense of community

Brought to you by your

Central Minnesota Mental Health Center Wellness Committee

- Ashley Conner
- Kayla Levtzow
- Marie Fisher
- Steven Loos
- Maggie Dilks
- Brie Frantesl
- Alyssa Westergren