

Woman's Circle Newsletter

Summer 2022



Anyone can be a Lighthouse in someone else's storm and provide that glimmer of hope that a person may need.

(Photo taken by A. Phillips)



Canadian Mental
Health Association

Grey Bruce

Mental Health and Addiction Services

PEER AND FAMILY SUPPORT Woman's Circle *by Zoom*

***Monday Afternoons
2:00-3:30pm***

To Register Contact
cwatson@cmhagb.org

Starts September 12, 2022

Woman's Circle Vision:

"A world where all those who identify as Women are valued in that experience, unique, kind, wise in fierce self-compassion, oneness, through and beyond recovery."

Woman's Circle Mission:

"The Woman's Circle of CMHA-Grey Bruce, promotes balance, wellness and positive mental health for all Women. We celebrate with one another in lifting our sisters in resilience and recovery. We honor the intersections of Women's experiences and seek to further empower Women through mentorship, sisterhood, and Red Tent theoretical concepts which foster circular leadership. We encourage, empower, and provide safe agency for all Women to come together in unity through community, advocacy, and knowledge sharing."

Summer Wellness Tools

What are Wellness Tools? They are items or activities that can help you cope through stressful situations and these tools can be incorporated into daily life to help you stay well.

Grounding Kit

A *Grounding Kit* it can be a part of your Summer Wellness Tools.

What is it? A grounding kit is a coping skills toolbox, it is a place for you to keep things that support you in feeling centred and calm in periods of distress. If you have everything gathered in one place and practice at using it daily, it is easier to remember to use your coping skills.

SELF SOOTHING

1. Something to touch (i.e. stress ball, something soft)
2. Something to hear (i.e. music, meditation guides)
3. Something to see (i.e. happy pictures, snow globe)
4. Something to smell (i.e. essential oils, flowers)
5. Something to taste (i.e. juice or tea, chocolate)

DISTRACTION

(taking your mind off the problem for a while)

Examples: puzzles, books, artwork, crafts, crossword puzzles, positive websites, music, movies

OPPOSITE ACTION

(doing something the opposite of your impulse that's consistent with a positive emotion)

1. Affirmations and Inspiration (i.e. looking or drawing motivational statements or images)
2. Something funny or cheering (i.e. funny movies, tv or books)

EMOTIONAL AWARENESS

(Tools for identifying and expressing your feelings)

Examples: a emotions wheel, a journal, writing supplies, drawing/art supplies

MINDFULNESS

(Tools for centering and grounding yourself in the present moment)

Examples: Meditation or relaxation recordings, grounding objects like a rock or object of personal meaning, yoga mat, breathing exercises.

Once you have gathered all your items, put them together in a box or container, you can decorate it and place it where you will use it when you need it

Adapted from: <https://dpauletig.wixsite.com/coping-toolbox->

Acceptance Affirmations

I accept myself completely.
 I accept my strengths and my weaknesses,
 My gifts and my shortcomings, my good points and my faults.
 I accept myself completely as a human being.
 I accept that I am here to learn and grow; I accept that I am learning and growing.
 I accept the personality I've developed, and I accept my power to heal and change.
 I accept myself without condition or reservation.
 I accept that the core of my being is goodness
 And that my essence is love, and I accept that I sometimes forget that.
 I accept myself completely, and in this acceptance
 I find an ever-deepening inner strength.
 From this place of strength, I accept my life fully; I am open to the lessons it offers me
 today.
 I accept that within my mind are both fear and love,
 And I accept my power to choose which I will experience as real.
 I recognize that I experience only the results of my own choices.
 I accept the times that I choose fear as part of my learning and healing process, and I
 accept that I have the potential and power in any moment to choose love instead.
 I accept mistakes as a part of growth, so I am always willing to forgive myself and
 Give myself another chance.
 I accept that my life is the expression of my thought
 And I commit myself to aligning my thoughts
 More and more each day with the Thought of Love.
 I accept that I am an expression of this Love.
 Love's hands and voice and heart on earth.
 I accept my own life as a blessing and a gift.
 My heart is open to receive, and I am deeply grateful.
 May I always share the gifts that I receive fully, freely, and with joy

Author Unknown

What you tell yourself matters

Positive affirmations are an intentional form of self-talk in which you tell yourself supportive, encouraging things.

They help disrupt negative thought patterns, boost self-compassion and motivate desired behaviors.

Repeatedly saying these phrases builds new neural pathways in your brain, which strengthens positive thought patterns.

Choose phrases that are meaningful to you, say them daily and take actions based on your affirmations.

Copied from: <https://rightasrain.uwmedicine.org/mind/well-being/positive-affirmations>

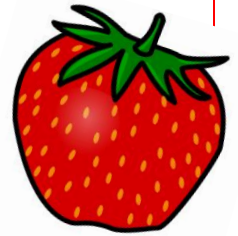
Strawberry-Rhubarb Cobbler with Granola Streusel

Filling

3 cups quartered fresh strawberries
 3 cups sliced fresh rhubarb or thawed frozen rhubarb
 ¼ cup granulated sugar
 1 tablespoon cornstarch
 1 tablespoon lemon juice
 ¼ teaspoon salt

Topping

½ cup lightly packed light brown sugar
 ½ cup old-fashioned rolled oats
 ⅓ cup whole-wheat pastry flour
 ¼ cup unsalted butter, softened



Step 1

To prepare filling: Preheat oven to 350 degrees F. Coat an 11-by-7-inch baking dish with cooking spray.

Step 2

Combine strawberries, rhubarb, granulated sugar, cornstarch, lemon juice and salt in a large bowl; transfer to the prepared baking dish.

Step 3

To prepare topping: Combine brown sugar, oats, flour and butter in a medium bowl; stir until thoroughly combined. Crumble the topping evenly over the strawberry-rhubarb mixture.

Step 4

Bake the cobbler until the topping is golden, 35 to 40 minutes. Cool on a wire rack for 5 minutes; serve warm or at room temperature.

Copied from: <https://www.eatingwell.com/recipe/270918/strawberry-rhubarb-cobbler-with-granola-streusel/>

Summer Reads

Here are some books that have come up during our discussions in Woman's Circle.



A Place Called Self - By Stephanie Brown

Belonging: Remembering Ourselves Home- By Toko Pa Turner

Circles of Stones - Woman's Journey to Herself -By Judith Durk

Women's Circle Resource Handout

This document contains majority of the Mediations and Articles mentioned in Woman's Circle
<https://greybruce.cmha.ca/wp-content/uploads/2022/04/Womans-Circle-s-Resource-Handout-March-2022-First-Edition.pdf>

Resource Handout can be found on the CMHA Grey Bruce website under the Mental Health tab -> Family & Peer Support tab -> Family Support Initiative tab

Apps that Members Use

Wellness Recovery Action Plan (WRAP)

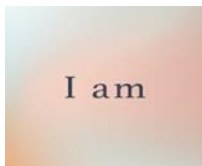


The WRAP process supports you to identify the tools that keep you well and create action plans to put them into practice in your everyday life.

"This App includes everything such as my Wellness Toolbox, Daily Maintenance Plan; and not just my Crisis Plan. It helps keep myself and my support network to be on the same page as to what I am like when I am well to when I am in Crisis. Since it is on my phone the WRAP Plan can be easily accessed and be modified at any time which added bonus.. Furthermore, the sections of the WRAP Plan can be sent to an Email address so I could print them off or share it with individuals on my support team.

WRAP has helped me immensely and gives me a sense of control over my life and in my recovery journey." From a Woman's Circle Member

I am - Daily Affirmations



You receive daily positive affirmations every day on your phone

"I Am is an App I use; it sends daily positive affirmation to your media device be it your phone tablet or laptop example (I am worthy of being loved for who I am). And if you feel you need more than 1 affirmation to get you through a day, you can easily just go on the app. and scroll

For different affirmations, which in my case is what I do when my depression and anxiety is higher than usual, and I just read as many as I need to feel a little better. It does not heal any of my depression or anxiety, but it does help me make it through the hurdles of the day." From a Woman's Circle Member

Poetry Corner:

The Beach

There is sand in between my toes while I am strolling on the beach
 Seeing seagulls soaring high over the Lake Huron shore
 I am listening to the waves as they are crashing on the shore
 The sun is slowly setting while the sky is changing from shades of blue to orange
 I am walking home with my dog in the dimming sunset glow
 The stars are coming out and the moon has a warming glow
 I am looking forward to tomorrow as I am climbing into my bed
 I am pulling up my covers and dreaming about the good things that lie ahead

Amber Phillips

Woman's Empowerment Team: Members Wanted

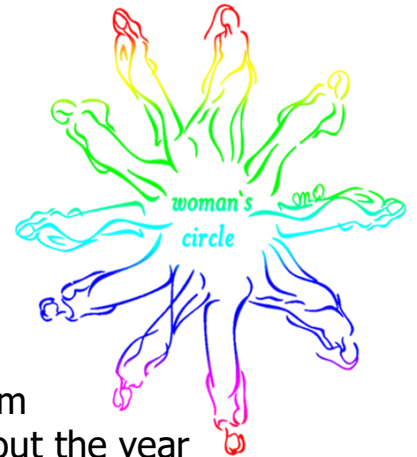
Every Friday @ 2:00pm – 3:30pm

Over Zoom

Looking for members to join our Woman's Empowerment Team
To help set content that will be discussed each week throughout the year
To strategize to help recruit new members to the Woman's Circle.

No previous experience necessary

If you are interested contact: cwatson@cmhagb.org



Summertime Fun

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| Hiking | Smores |
| Campfires | Friends |
| Sunsets | Beach |
| Flowers | Sunshine |
| Fireworks | Sandals |
| Sundaes | Heat |

R L N S F S C U H H N B I U Q
S X R W B Y A S T E S N U S R
H I K I N G M N G H G A J T I
D A D D H C P H D J C L B R E
P S D A S J F W S A V A R D O
T U D X W H I K A U L Q E F T
I N E Q E Q R D H Q O S D B E
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V A T N W R S R Q Q T S D L H
Z E Y E P S I G W N L R P M S
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D I C S N O K O H I O W Z W U
F Z O D H O X N R J Q O Q K D
J Z S U N S H I N E P L Q W F
A Y D X Y A J H H B S F N S O

***Women supporting women in
mental health & wellness***

*Thanks for reading our newsletter! We hope you
enjoyed it. Have a fantastic summer.
We hope to see you in September!*

Any questions contact: cwatson@cmhagb.org

