



Mental Wellness Takes More Than Luck

By: Carolyn Schmiedlin, RN, Volunteer Contributor

Are some people just lucky when it comes to mental health? We are all unique and are on a different journey. We may be in a different season of life than others around us. That is why it never benefits us to compare ourselves to others. I can't compare my winter to someone else's summer. Although much of our life is composed of things unique to us that we cannot change, however, there are many factors within our control that can help to create a positive sense of mental well-being.

When we recognize the power of small choices that we can make each day then we find that we have something much greater than luck. We have the ability to learn coping skills, build resilience, and achieve a sense of life satisfaction even in the midst of trials.

Practicing gratitude, mindfulness, spirituality, exercise, eating healthy, laughing with a friend, getting restful sleep, and taking time for self-care are some examples of small but significant choices we can make for our mental health every day. Community support groups and professional help may also play an important role in achieving and maintaining positive mental health. We must keep in mind that this is a journey of progress and not perfection, and set realistic expectations for ourselves.

The truth is that being healthy—mentally, physically, and emotionally—is a quality that we can help to create. Isn't that amazing? You are more than lucky. You are powerful. It is my hope that we will all take time this month to discover the things that make us laugh, heal, and grow and work to add more of those things into our lives. Our mental health is worth it.

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Upcoming Classes

Family-to-Family

Wednesdays, Mar. 27-May 15
@NAMI FV | 6-8:30 PM

[REGISTER ONLINE](#)

Peer-to-Peer

Wednesdays, April 3-May 22
@NAMI FV | 6-8 PM

[REGISTER ONLINE](#)

NAMIBasics On Demand+

Self-paced course
Begins April 2024

[REGISTER ONLINE](#)



Embracing the Spring: Nurturing Mental Health Amidst Seasonal Change

As the chill of winter recedes and the warmth of spring emerges, nature undergoes a magnificent transformation. But alongside the blossoming flowers and the vibrant colors, the change in seasons can also bring both challenges and opportunities for nurturing mental health.

For some, one of the most noticeable effects of spring on mental health is the phenomenon known as "seasonal affective disorder" (SAD). SAD is a type of depression that typically occurs during the fall and winter months, but some individuals may experience a milder form of it during the transition into spring. The longer days and increased sunlight can disrupt the body's internal clock, leading to fluctuations in mood, energy levels, and sleep patterns. The good news, however, is that as the days continue to lengthen and the sunlight becomes more abundant, our bodies tend to adjust, and many people find relief from the symptoms of SAD.

The arrival of spring also offers opportunities for individuals to engage in activities that promote mental well-being. Outdoor activities such as gardening, hiking, and picnicking provide chances to connect with nature, which has been shown to reduce stress and improve mood. The sight of blooming flowers and budding trees can evoke feelings of hope and optimism, reminding individuals that change is inevitable and that brighter days lie ahead. Spring also encourages social connections, as people emerge from the confines of winter hibernation to gather with friends and family. These interactions can foster a sense of belonging and support, which are essential for maintaining good mental health.

Finally, the change in seasons can serve as a reminder to reassess self-care routines and prioritize mental well-being. Just as nature sheds its old layers to make way for new growth, individuals can use this time to let go of negative thoughts and behaviors that no longer serve them. Practicing mindfulness, engaging in relaxation techniques, and seeking support are all valuable tools for managing stress and promoting resilience during the transition into spring.



By embracing the opportunities for growth, connection, and renewal that this season offers, individuals can cultivate resilience and well-being as they navigate the changing landscape of their inner and outer worlds. As the earth awakens from its winter slumber, let us too awaken to the possibilities of healing and transformation that spring brings!

Program Highlight: NAMI FV's Teen Support Group

The teenage years are a critical period of development, both physically and emotionally. It's a time when individuals undergo significant changes, trying to find their identity, navigate relationships, and cope with the pressures of school and societal expectations. Amidst these transitions, many adolescents also grapple with mental health challenges such as anxiety, depression, and stress.

NAMI Fox Valley's teen support group offers a supportive atmosphere where teens can discuss their feelings, gain insight into their mental health, and develop effective coping mechanisms. Participants are empowered to express themselves authentically and receive encouragement from their peers. Peer support offers validation and affirmation, helping teens recognize that they are not alone in their experiences.

The teen group meets weekly on Tuesdays via Zoom, allowing teens to participate from anywhere in our four county service area! Teens ages 14-18 are welcome to participate. Parent or guardian permission is required for those under 18. Please visit our website for more information and to fill out an interest form.

[Learn More About Our Teen Group](#)

ALTRUSA INTERNATIONAL FOUNDATION OF APPLETON
IN COOPERATION WITH NAMI FOX VALLEY IS PROUD TO PRESENT:

Mental Health Matters: A Luncheon Honoring Mental Health Awareness Month

THURSDAY, MAY 9, 2024, 11 AM
BRIDGEWOOD RESORT HOTEL & CONFERENCE CENTER, NEENAH



The luncheon will feature keynote speaker **Ignacio (Nacho) Enriquez Jr.**, a licensed professional counselor and consultant. Ignacio has made it a life mission to empower individuals and communities in mental health advocacy. He will speak on the impact of advocacy, being an agent of change, and opportunities to be a catalyst for systemic change.

RAFFLE BASKETS • SILENT AUCTION • NETWORKING

[Register Here!](#)

Appleton Health Department's Community Concerns Survey

Do you live or work in the city of Appleton? The Appleton Health Department is conducting a community concerns survey to help identify the health priorities, strengths, and challenges within the community. This will inform decision-making processes, resource allocation, and interventions aimed at improving health outcomes and promoting equity.

Take the survey and let your voice be heard!

<https://www.surveymonkey.com/r/appletonconcerns>

