



The Ray of Hope

Sunrise Wellness Center Newsletter

Mental Health Association
of the Southern Tier
47 Broad Ave. Binghamton

November 2018

The
changing
trees

The
falling
leaves

The
Autumn
breeze

How
fondly
I favor
these.....

-Christopher
Dyson



The #1 Most Impactful Well-Being Habit That We Practice The Least



Courtney Ackerman - posted October 22, 2018

Positive Psychology Program.com
YOUR ONE STOP POSITIVE PSYCHOLOGY RESOURCE

Did you know that self-acceptance is one of the well-being habits that we practice the least, but that it's the most impactful habit of all?

A UK survey of 5,000 participants found that out of 10 key “Happy Habits”, participants engaged in self-acceptance the least; see the table to right (Action for Happiness, 2014).

And lest we assume that people neglect to practice self-acceptance because they already enjoy a high level of self-acceptance, research has found this hypothesis to be unproven. A recent study of adults using the Unconditional Self-Acceptance Questionnaire indicated that the median self-acceptance for adults is low and that a high proportion of people—both men and women—report low or very low self-acceptance (Vasile, 2013).

Key	Survey Question	Average score
Giving	How often do you make an effort to help or be kind to others?	7.41
Relating	How often do you put effort into the relationships that matter most to you?	7.36
Exercising	How often do you spend at least half an hour a day being active?	5.88
Appreciating	How often do you take time to notice the good things in your life?	6.57
Trying out	How often do you learn or try new things?	6.26
Direction	How often do you do things that contribute to your most important life goals?	6.08
Resilience	How often do you find ways to bounce back quickly from problems?	6.33
Emotion	How often do you do things that make you feel good?	6.74
Acceptance	How often are you kind to yourself and think you're fine as you are?	5.56
Meaning	How often do you do things that give you a sense of meaning or purpose?	6.38

Further, we know that mindfulness is related to tons of positive outcomes, and it seems that enhanced self-acceptance is the mechanism through which many of these positive outcomes occur. Self-acceptance is the strongest link between mindfulness and depressive symptoms, indicating that it is through improving self-acceptance that depression is kept at bay (Jimenez, Niles, & Park, 2010).

Self-acceptance is strongly correlated with both mindfulness and subjective well-being (SWB), and research suggests it is a “critical factor” for SWB (Xu, Oei, Liu, Wang, & Ding, 2014). It is also a mediating factor between mindfulness and healthy self-image, a relationship that is particularly important for those with eating disorders (Astani, 2016). Self-acceptance is also the mediator between mindfulness and perceived stress (Rodriguez, Xu, Wang, & Liu, 2015).

Not only does self-acceptance influence our feelings and emotions, it has an impact on the brain itself. Poor self-acceptance is intimately tied with poor self-esteem, and feeling bad about yourself is associated with structural changes in the brain; those with low self-acceptance/self-esteem have less grey matter in the anterior cingulate cortex, the right lateral prefrontal cortex, the right hippocampus, and the left hypothalamus (Agroskin, Klackl, & Jonas, 2014). These areas of the brain are involved in emotion and stress regulation, so a lack of grey matter in these areas can translate to more stress, more anxiety, less control over emotions, and a lower sense of well-being (Pillay, 2016).

Self-acceptance allows us to forgive ourselves (Dixon, Earl, Lutz-Zois, Goodnight, & Peatee, 2014), **forgive others** (Porada, Sammut, & Milburn, 2018), and **have a high tolerance of frustration and discomfort** (Jibeen, 2017).

Reference Article Reprint: <https://positivepsychologyprogram.com/well-being-habit-self-acceptance/>

National Diabetes Awareness Month

How to Get 150 Minutes Of Exercise Each Week by Sara Angle - September 2018

Safety Note: Check with your health care provider before starting or changing your exercise plan.

You've likely heard that getting 150 minutes of moderate-intensity exercise each week can help you manage your diabetes. But dedicating that much time to exercise can seem daunting if you're busy, don't enjoy working out, or have diabetes-related complications that make physical activity difficult. Here's the surprising part: **Tackling 150 minutes of exercise is much easier than you might think. Don't believe us? Keep reading to see how.**

Numbers Game

Any physical activity is better than none at all, but most health organizations and the U.S. government say you need a minimum of 150 minutes of activity per week to reap significant results. But a slow stroll won't cut it. To benefit, you'll need to work out at a moderate intensity (at this pace, you'll be able to talk, but not sing).

"The goal is to reduce the risk of mortality; improve endurance, blood pressure, and blood sugar control; and reduce lipids," says Jacqueline Shahar, MEd, RCEP, CDE, manager of the Clinical Exercise Physiology Department at the Joslin Diabetes Center in Boston. Research has shown that doing 150 minutes per week of moderate-intensity exercise can reduce your chances of heart disease and premature death, compared with being sedentary. This is key for people with diabetes, who already have a higher risk of heart disease.

Change Your Outlook

Instead of viewing weekly exercise as one huge goal, think of it as a series of mini goals. It's much easier to swallow an exercise prescription of 150 minutes a week if you chop it into smaller doses.

Spread It Out

Depending on your schedule and preference, you could aim for 50 minutes of exercise three times a week, 30 minutes five times a week, or 25 minutes six times a week.

Each breakdown will have a slightly different impact on your blood glucose. "Every time we exercise, our muscles increase how much glucose they take up during the session, but also for hours afterward," says Shahar.

To really reap the benefits of exercise on glucose control, keep your muscles in a constant state of increased glucose uptake. To do that, go no more than 48 hours between exercise sessions, says Kara Mitchell, RDN, exercise physiologist and certified diabetes educator. To maximize the benefits, aim to exercise five to six days a week.

Shorten Your Sessions

It's easy to brush exercise aside if you don't have a 30- to 60-minute chunk of time, but you don't need a wide-open schedule to meet your fitness goals. Research from the University of Pittsburgh School of Medicine found that people may have more success with shorter, more frequent bouts of activity than longer, continuous sessions. "If the goal is shorter, it feels more realistic," says Mitchell.

Think about three spots in your day where you could fit in 10 minutes of exercise. It could be a 10-minute jump rope session before work, a 10-minute walk at lunchtime, and 10 minutes on an exercise bike after dinner.

The health benefits remain: 10 minutes of exercise three times a day gives you the same cardiovascular benefit as 30 minutes at one time, according to research from Arizona State University. Just don't go too fun-sized with your sessions, says Kemmis. When you're working at a moderate intensity, sweat sessions that clock in at 10 minutes or more are the most beneficial for heart health.

Read full article online here: <http://www.diabetesforecast.org/2018/05-sep-oct/how-to-get-150-minutes-of.html>



Looking to build more Resiliency, Wellness and Self-Management into your Life ?

Starting November 7th

WHAM

is coming to town.

Sunrise Wellness Center is hosting a powerful 10 week program, (meeting once per week), intended to strengthen the peer workforce's role in healthcare delivery, WHAM provides peer support professionals and volunteers a format for peer support meetings in which consumers engage in an 8-week WHAM group to support one another as they work toward, achieve, and maintain whole health goals.

**Contact Kim Taro with questions
607-771-8888 x 335**

**SWC ON THE ROAD
IRON KETTLE FARMS**



**Peer Artist and Poet
Christopher Dyson**





Peer Support Groups to look forward to this month....



SWC Peer Support Group

MHAST 47 Broad Ave. Binghamton NY

Men's Group Mondays 11 am to 12 pm

Women's Group Tuesdays 10 to 11:30 am

SWC Peer Support Group

Broome County Library
185 Court Street
Binghamton NY

Mondays 4:00 pm to 5:00 pm

Sunrise Wellness Center Staff

Kim Taro
Director of Peer Services
(607) 771-8888 (ext.335)

Donna Parmer
Peer Recovery Coach
& Community Connections
(607) 771-8888 (ext.309)

Cindy Casterlin
Peer Recovery Coach & Expressive Arts
(607) 771-8888 (ext. 303)

Janiece Miller Peer Recovery Coach & Poet
(607) 771-8888 (ext. 311)



PEER SUPPORT VALUES

CHOICE
NON-JUDGMENTAL
HOPEFUL
EMPATHY
MUTUALITY
RESPECT

WE CAN HELP
YOU SET UP
AN INDIVIDUAL WRAP PLAN

ASSIST YOU IN
ESTABLISHING A LIST OF LONG
TERM AND SHORT TERM GOALS
AND OFFER
SUPPORT
IN ALL
ENDEAVORS

YOU CAN ALSO MEET

ONE-ON-ONE WITH
A SUNRISE WELLNESS
PEER SUPPORT
RECOVERY COACH

* Need Help ?
* Need someone to talk to?

Our HOUSE
Crisis Respite Program
provides a 24/7
Peer Support Line

(607) 240-7291





In the Community

OUR HOUSE— A Peer-run Short Term Crisis Respite

Our House offers an alternative to emergency hospitalization for individuals 18 and older, experiencing mental crisis or emotional distress. Please contact us by telephone to discuss arrangements. Pre-registration is necessary, as we are unable to accept walk-ins. MHASt Binghamton, NY Telephone Contact: (607) 771-8888 EXT. 350

Dual Recovery Anonymous

Dual Recovery Anonymous™ is an independent, nonprofessional, Twelve Step, self-help membership organization for people with a dual diagnosis. Our goal is to help men and women who experience a dual illness. We are chemically dependent and we are also affected by an emotional or psychiatric illness. Both illnesses affect us in all areas of our lives; physically, psychologically, socially, and spiritually.

Meetings are Saturday and Sunday @2:00pm in the Beacon Drop In Center

Broome County Urban League

SMART Recovery Meetings: every Wednesday @ 6:00 pm

The SMART Recovery® 4-Point Program employs a variety of tools and techniques to help individuals gain independence from addiction and addictive behaviors. SMART Recovery® teaches individuals how to change self-defeating thinking, emotions, and behavior and to work towards long-term satisfactions and quality of life.

The group will meet at Urban League on Carroll St Binghamton NY.

For more information, please call (607) 218-5945 or e-mail info@hope607.org.

SUNY ATTAIN Labs at Binghamton

ATTAIN provides communities access to new technologies, education, and technology training. These services are designed to ensure that adult learners succeed not only in college and the workplace, but also meet the emerging needs of employers in New York State. Call and register for an Orientation class!

SUNY ATTAIN Lab @ Broome County Urban League, Binghamton NY (607) 772-4765 or (607) 772-4765

OTHER SUPPORT GROUPS IN THE COMMUNITY

Adult Asperger's Support Group for information contact Alexandra (607) 722-0467

Sarah Jane Johnson United Methodist Church, Johnson City, NY meeting is 3rd Saturday of each month, 1pm—3 pm .

Bereavement Support Group

Location: Lourdes Hospice Office, 4102 Old Vestal Rd, Vestal, NY. Call Marie Halecki at (607) 584-9160

Depressive and Bipolar Support Group A weekly support group for those who struggle with depression. Open to the public. Drop ins welcome. Not affiliated with UUCB. Location: Unitarian Universalist Church, 183 Riverside Drive, Binghamton, NY. Mondays @ 7 pm to 8:30 pm Contact Bunny at (607) 239-4624

Family Support Group

For family members who have a loved one with mental illness. Location: Krembs 5 conference room, Binghamton

General Hospital on Wednesdays, from 6:30-8 pm . For more information call (607)762-2887. NO pre-registration required.



What's a WRAP ?

Wellness Recovery Action Plan

WRAP is a plan that teaches you how to keep yourself well, to identify and monitor your symptoms and to use simple, safe personal skills, supports, and strategies to reduce or eliminate symptoms. It is not meant to replace, but to complement professional health support and medications.

While developing your own WRAP, you will first want to spend some time developing your "Wellness Toolbox". This Wellness Toolbox is a listing of those things you may already know and do to take care of yourself and things you think would be helpful. Wellness Tools include things like developing a strong support system; peer counseling; focusing; relaxation and stress reduction exercises; journaling; creative fun and affirming activities; exercise; diet; and getting a good night's sleep.

Other "Tools" Developed:

- Daily Maintenance
- Triggers
- Early Warning Signs
- When Things Are Breaking Down
- Crisis Plan
- Post Crisis Plan
-

All of our peers are encouraged to come in and meet with one of our Recovery Coaches on staff, to develop their own personal Wellness Recovery Action Plan.

Call 771-8888 (ext. 309)
to schedule an appointment

With so many options to get your sweat on, reaching 150 minutes of weekly exercise is totally doable—even with a hectic schedule.

As for all those minutes? They'll fly by!

Difference 150 Minutes Makes

- Improves blood glucose, as well as blood pressure and endurance
 - Reduces lipids
- Reduces your chance of heart disease & premature death



DAYLIGHT SAVINGS — FALL BACK
SUNDAY - NOVEMBER 4, 2018

DON'T FORGET

TO SET YOUR
CLOCKS BACK
ONE HOUR
THIS SUNDAY.



NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org



Mental Health Association of
the Southern Tier

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Binghamton, NY 13904

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Visit us on Facebook at

<https://www.facebook.com/WellnessSunrise>

www.mhast.org

The Sunrise Wellness Center is a free program offering support, education and social opportunities to promote mental, physical and spiritual wellness. This program is peer-operated and recovery oriented. If you or someone you know is in need of support or is looking for an alternative to traditional mental health care, please do not hesitate to contact us. The Sunrise Wellness Center is open to all adults, age 18 and over, and no diagnosis or referral is needed. The services can be used on their own or as a complement to traditional treatments.