The Ray of Hope
The Newsletter of the Sunrise Wellness Center

January 2016

January

HAPPY NEW YEAR
Broome County Library

**Coloring Club for Adults**  
**Every Wednesday @ 5pm**

The group is open to anyone who enjoys coloring for relaxation or creative expression. You can bring your or the library will provide coloring pages and pencils and crayons for the meeting. The group will meet every Wednesday from 5:30-7:30. For more information, please call the Library’s Information Services Department at 607-778-6451.

**SUNY ATTAIN Labs at Binghamton**

Advanced Technology Training and Information Networking (ATTAIN) is a statewide technology based employment initiative funded by the New York State Legislature. 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! Attending an orientation class is the first step for every new client; they will assess your existing computer knowledge and place you in an appropriate class. All services are free of charge and open to the community!

*Orientation Classes in January:*
- Monday, January 4th—@10:00am - 12:00pm
- Monday, January 25th—@10:00am - 12:00pm

**Workshop Series Held At Family and Children’s Society**

Monday, January 4th— Intro to Employment Programs: Workforce NY, Access VR, &VIP  
Monday, January 11th— Mastering the Interview  
Monday, January 18th— Dealing With Gaps in Employment History  
Monday, January 25th— Overcoming Criminal History

All workshops will be held @1:00pm—2:00pm at 257 Main Street Binghamton, NY

**Support Groups in the Community**

**Bereavement Support Group**  
Location: Lourdes Hospice Office, 4102 Old Vestal Rd, Vestal, NY. Call Sarah Hopkins @(607)584-9184

**Depressive and Bipolar Support Group**  
Location: Unitarian Universalist Church, 183 Riverside Dr, Binghamton, NY. Mondays @7. Call Bunny @(607)239-4624

**Those Left Behind**  
A monthly support group for people who have lost a loved one to suicide. For dates and times call @762-2887

**Family Support Group**  
For family members who have a loved one with mental illness. Wednesdays @6-7:30  
Location: Private Dining Room on Level G at Binghamton General Hospital. NO pre-registration required.
First Call For Help
2-1-1
Or dial 1-800-901-2180
www.firstcallforhelp.info
2-1-1 is a FREE information and re-
ferral service sponsored by United
Way of
Broome County
Now servicing Broome, Chenango, Delaware, Otsego & Tioga
Counties!
2-1-1 is now available statewide

Sunrise Wellness Center Peer Support Groups
Do you have lived experience with mental health issues? Are you looking for support from others who have had similar experiences? Peer Support Groups are run by and for mental health peers. Come & share your experience, strength & hope.

Mondays 1:30-3:00
@MHAST 153 Court St Binghamton NY

Wednesdays: 4:00-5:00pm
@First United Methodist Church
53 McKinley Ave Endicott NY
Our Mission Statement:
To empower individuals in their journey of self-exploration and recovery and break down the barrier of stigma in all cultures through education, peer support, community integration, outreach and engagement

WARMLINE
Peers are available to talk if you need support.

(607) 240-7291
Monday-Friday
9:00am—4:30pm
Saturday and Sunday
12:00—8:00pm

“Another fresh new year is here . . . Another year to live!
To banish worry, doubt, and fear,
To love and laugh and give!”
- William Arthur Ward

Quotes for the New Year!

"If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward.”
- Martin Luther King, Jr.

Conversation Starters for Healthy Conversations About Mental Health

Although difficult, it is very important to reach out to friends/family in trouble. Even if you get rejected, you should keep trying. Remind them that EVERYBODY has problems, and that it’s okay to talk about them. Here are some examples of easy ways to begin:

⇒ “Hey, you haven’t seemed like yourself lately, is everything okay?”
⇒ “You seem a little tense, is something up?”
⇒ “I’m worried about you”

Keep in mind that opening up takes time and patience, it can leave someone feeling very exposed. On the other hand, it can be a very freeing experience, that’ll allow them the freedom of emotional expression.

Here are a few things to say if you need help to get the conversation started:

⇒ “Can I talk to you? I don’t feel right.”
⇒ “I really need you to listen to me, just listening with no judgement.”
⇒ “I want to tell you something, I’m afraid what you’ll think. Can you promise me you’ll try really hard to understand?”

9 Positive Mental Health Resolutions for the New Year:

1. “I will treat myself with respect and speak nicely about myself. Try taping a list of 10 positive characteristics about yourself in various places throughout the house and workplace to remind you of these things.”

2. “I resolve to be mentally healthy. In the United States, there is still a stigma about seeing a therapist. However, it is truly one of the healthiest things we can do for ourselves. A therapist gives us an unbiased ear and can also help us to understand why we do the things we do … think of seeing a therapist as a mental health oil change.”

3. “I will be physically active on a daily basis.” Multiple studies show a link between exercise and improved mental health.

4. “I will act and not react. Many times we feel like everyone is pushing our buttons. When this happens, we are caught up in reaction. It is not that people are actually pushing buttons; it is that we became overly sensitive. If you know you’ll be around someone who says negative things, plan for this and have a list in your head of disarming statements.”

5. “I will learn to relax and enjoy. Many times we become so busy we forget how or even when to take care of ourselves. Take a yoga or meditation class. Find some activity like photography or journaling that is relaxing and enjoyable to you. Dedicate time to this daily, if possible, or at a minimum, weekly.”

6. “I will not define myself by a label. We often become our labels, e.g., I am depressed, I am fat, I am anxious. Drop your label; when you do it allows you to take control of the messages you have about yourself. For example, you could say, “I have depression, and today I will make sure to exercise to manage it.’’

7. “I will be mindful. Being mindful is about staying in the moment. I cannot change yesterday; I cannot predict tomorrow, however I do have control over the here and now. So, I will be aware in the moment, and enjoy that moment.”

8. “I will work towards being the person I want to be. There is an old quote about life being a journey to be enjoyed not an obstacle to be overcome. When we see our lives as obstacles we do not enjoy life much. When we see life as a journey and a time to continue to be the person we desire to be, life is much more pleasant and enjoyable.”

9. “I will not be hard on myself if I make resolutions and do not keep them. I may want to try them later in the year. I may realize that it will take more time than I thought to work on issues and I will look at this as a good things and not a bad thing. I do not fail by trying.”

Seven Resolutions that Improve Emotional Health

1. Resolve to Improve Your Self-Esteem.

2. Resolve to Rid Yourself of Preoccupations and Worrying.

3. Resolve to Heal Emotional Pain.

4. Resolve to Emerge from Loneliness.

5. Resolve to Improve Your Relationships.

6. Resolve to Shed the Burden of Guilt.

7: Resolve to Learn from Failure.


BOOST YOUR MOTIVATION
Remember your why. Whatever your reasons, keep a list to inspire you.
Make a change. If you've tried your chosen tool for a while and aren't feeling better, try another.
Get support. If appropriate, join a group or work with a friend. You also can ask those around you to support your change.
Congratulate yourself. Success breeds success, so acknowledge yourself for any steps forward.

RESISTING TEMPTATION
Be prepared. Some temptations can be avoided altogether with a little planning. You can pack healthy snacks to resist junk food. You can record your late-night TV show to avoid losing sleep.
Wait it out. If you're feeling an unhealthy urge, remind yourself that it will pass. Most urges fade pretty quickly. If yours is stubborn, try distracting yourself with something fun.
Ask yourself about yourself. What will make you feel better about yourself later, sticking with your wellness change or dropping it?

DEALING WITH SETBACKS
Don't give up. It would be a shame to give up entirely just because you slipped for a few days-or even a few weeks.
Don't overly criticize yourself. Imagine what you'd say to a friend if she had failed.
Think about what went wrong. Then start looking for solutions. Remember that if you don't take care of yourself, you may wind up too burnt out to help anyone else.


1. Starting over is not the same as recouping from a failure. It is a new beginning. This mindset is helpful because it keeps you from wasting your time being too hard on yourself.
2. Moving through life is like climbing stairs. You go up a level and then you level off. Nothing is ever a straight shot. Have some patience with yourself and with your newfound direction.
3. This new year is also a new decade. It could also be a new life if you approach it in the right way. Sometimes little ideas can turn into big things.
4. Endings are not necessarily bad things. Even if the past year was your best so far, the one ahead might just leave it in the dust.
5. Starting over may feel scary, but it's really a cause for celebration.
6. Remember that your future is not governed by your past. No matter what has happened in your life, you can find a way to make things a little better for yourself, and hopefully for those around you as well.
7. Having to start over is different from choosing to start over.
8. Healthy alternatives to negative lifestyle patterns abound. Take baby steps if you don't feel comfortable making all your changes on January 1. If you can't stop a bad habit, start by cutting back. It's okay to give yourself a little time to moderate or stop something that's hurting you.
9. It's not all about joining a gym to get fit. Starting over can mean chasing your dreams. We're happiest when we're moving toward a goal.
10. Starting over is about giving yourself a chance at real happiness.
Remember that once you honestly commit to the changes, you have already begun the process.

A Christmas Poem

A child became a man
A man became a God
God spoke to man
Through this man-child

Today, man is as God
In his own world —
Yet, always, always
God will appear in the child

A star shone brightly
In the heavens above
Showing forth beauty
Showing forth Love

...Now we love
Because He first loved us
In that child
Shining out of the star

A child became a man,
A man became a God,
And now we worship, spell bound —
A child who sets us free.

-Burton Jones, 1998
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 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.