

Archway Station Short Takes

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choose "Resources I links" located at the top, right of the page,
then select Archway Short Takes"

MENTAL WELLNESS MONTH

It seems appropriate that January is Mental Wellness Month. After all, what better way to start the new year (and recover from the non-stop hustle and bustle of the holiday season) than with a reminder to recharge your mental health? Research continues to show that your mental health significantly impacts your physical health. Individuals with chronic conditions like heart disease, cancer and diabetes are more likely to experience depression or anxiety. The opposite is true as well: Positive mental health (along with other factors) can reduce your risk of heart attack and other serious conditions. Strong mental health also helps boost your immune system, reducing your risk of getting sick. So, how can you improve your mind-body connection? View some simple tips below.

Establish emotional balance : Emotional or mental wellness doesn't mean you always have to be happy. That's just not realistic. Part of the beauty of being a human is experiencing and learning from all emotions – the ups and downs, the good and the bad. Emotional balance is the act of being aware of and experiencing your emotions instead of bottling them up inside. Here's how it works:

Acknowledge body and emotional changes. Take a moment to notice that you're experiencing some type of emotion. You don't have to identify it right away.

Feel your feelings. Close your eyes and take a deep breath to help you identify your feelings. Do you have butterflies in your stomach? Do you feel a warmth or glowing feeling inside?

Name the emotion. Words have power. By simply saying, "I feel anxious" or "I feel happy" you can start to respond productively instead of reacting unconsciously.

Practice mindfulness. Being mindful can help you find emotional balance. Try meditation, yoga or breathing exercises to stretch your mindful muscle. The more you practice, the easier it will become to notice and name your emotions.

Find a purpose : A purpose in life – whether it's in work, service, hobby or family – can help improve your mind-body connection. In fact, having a sense of purpose offers many benefits, including:

Being happier;

Living longer;

Sleeping better;

Improved heart health;

And many others.

So, how can you find your purpose? It's easier than you think. Below are a few examples: Explore your interests; Volunteer at local organizations important to you; Consider what you love to do; Talk to friends and family; Try new experience Having a purpose doesn't mean you need to climb Mt. Everest or start a non-profit. It simply means finding a passion or purpose that helps you live your life. It allows you to focus on the things that matter most.

Keep healthy habits a priority Physical health and mental health are interconnected. You have to take care of your body in order to take care of your mind. Here are a few healthy habits that should always be a priority:

Eat healthy. Small changes, a balanced diet and plenty of fresh fruits and veggies are a strong foundation to any diet.

See your doctor. Wellness visits and preventive screenings ensure you stay healthy. Sick visits help you recover from illness or injury sooner.

Sleep well. A good night's sleep allows your body to rest, recharge and function properly.

Manage stress. Long-term stress takes a serious toll on your mental and physical health. Keep stress in check with some simple strategies Our mental health plays an important role in our physical health. Focusing on habits that improve our mental and physical health makes us all healthier, happier and stronger.

Archway Station
Wellness &
Recovery Center
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301-724-2582
Ext. 5118
Website:
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Special Points of Interest:

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Archway Station, Inc.

Person-Centered Planning Philosophy

Archway believes in and uses the philosophy and approaches of person-centered planning. One critical way to show respect for each person's individuality is through the use of person-centered planning which focuses on first, understanding the person and then, helping the person use effective decision-making skills to guide their journey of recovery.

Person-centered planning means that we listen to you closely in order to understand what is important to you in your life. We listen to what is and isn't working for you and what you think needs to change. Workers form a helping partnership with you and work together on a plan that is meaningful to you. We help you find a main goal to work on and break it down into a few steps that will help you reach your goals.

REACHING YOUR TEAM

This directory can help you reach your team and other Archway Staff

Queen Street 301-777-1700

Team 1 (Community Based Support Services - PRP)	Press 1
Team 2 (Community Based Support Services - PRP)	Press 2
Team 3 (Community Based Support Services - PRP)	Press 3
Intake & Enrollment	Press 4
CAYA	Press 5
BHA Residential Services	Press 6
DDA	Press 7
Dee	Ext. 2118
Wendy	Ext. 2120
Chantal	Ext. 2125

Wellness & Recovery Center 301-724-2582

Health Home	Press 3
Wellness & Recovery Center Staff Office	Press 4
DDA House Managers	Press 6
Kitchen	Ext. 5100
Bernard	Ext. 5105

24/7 Residential

Longview	301-777-3208
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Community Residential

Piedmont	301-722-3863
Penn House Number	301-707-8647
Penn ² & Penn (Reach Both Houses at this #)	301-777-8492

40 Hour Residential

Utah	301-722-1314
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My HSW's extension is: _____

Wellness & Recovery Center Lunch

Mon, Wed, & Fri - Lunch served at W&R Center with Bread & Milk between 11am-11:45am.

Tue & Thu - Packed Lunches can be picked up at W&R at 11:00 am, if ordered by 10:00am at 301-724-2482 ext. 5100.

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED	2 CLOSED	3 Cheeseburger Fries Applesauce	4 Ham Sandwich Broccoli Pineapple	5 Leftovers
8 Teriyaki Chicken Brown Rice Mixed Veggies Plum	9 Shrimp Salad Celery Banana	10 Tomato Soup Grilled Cheese Peaches	11 BBQ Pork Chickpeas Strawberries	12 Leftovers
15 Italian Sausage Sub Onions/Peppers Potato Wedges Grapes	16 Turkey Sandwich Asian Salad Raspberries	17 Spaghetti w/ Meat Sauce Salad Fruit Cocktail	18 Hoagie Baby Carrots Oranges	19 Leftovers
22 Hot Dog Baked Beans Pears	23 Egg Salad Sandwich Green Peppers Apricots	24 Chicken Thigh Mashed Potato Banana	25 Crab Salad Sandwich Baby Carrots Kiwi	26 Leftovers
29 Pork Chops Ranch Potatoes Pineapple	30 Chicken Salad Sandwich Beets Strawberries	31 Hamburger Gravy Over Biscuit Green Beans Pears		

January Archway's Wellness and Recovery Center Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED	2 CLOSED	3 9:30 am – Current Events 11:45 am- Make Over	4 9:30 am – Bingo 11:45 am – Rec. Activity	5 9:30 am- Money Management 11:45 am- Library
8 9:30 am – How to Read a Nutrition Label 11:45 am – Art w/Cindy	9 9:30 am – Boxes 11:45 am – Library	10 9:30 am – Theory of Autism 11:45 am – Rec. Activity	11 9:30 am – Boxes 11:45 am – Mall Trip	12 9:30 am – Thought Replacement Practices 11:45 am – Gabes
15 9:30 am – Similar Symptoms 11:45 am – Rec. Activity	16 9:30 am – Self Care 11:45 pm – Questions And Answer	17 9:30 am – How to Write A Resume' 11:45 pm – Role Play Job Interview	18 10:00 am- Trivia 11:45 am- Downtown	19 9:30 am – Anger Management 11:45 am – Inside Games
22 9:30 am – Dessert Island 11:45 am – Art w/ Cindy	23 10:00 am- YMCA 11:45 am- Rec. Activity	24 9:30 am – Vision Boards 11:45 am – Market Day	25 9:30 am- Library 11:45 am- Simple Cooking	26 9:30 am – Sarah /Aetna 11:45 am -Karaoke
29 9:30 am – Taxes 11:45 am – Movie/Popcorn	30 9:30 am - UMPC/ Rachel 11:45 am – Rec. Activity	31 9:30 am – Mall Trip 11:45 am – Trivia		