

April 26, 2021



Good morning members,

I hope to find you fine. I hope you all had a nice weekend. It was a little bit chilly, but it is nice to see the sun today. I would like to inform you that this Wednesday April 28th, the President will address a joint session of congress for the first time. This will take place from 8:00pm to 10:00pm. The President's speech will be broadcast on most of the four major commercial television networks, Public Broadcasting & C-SPAN along with the various cable news channels plus radio stations and YouTube.

I also have some mental health tips I would like to share that have helped me balance my stress levels. One thing that I have recently been doing is meditating in the mornings. Find yourself a quiet place and put on some soft calming music. I have an app on my phone called "Calm" which I use to find soothing sounds. You can find this app on the Playstore for both iPhone and Android. Another method that I have found helpful is to read a positive book. I am currently reading "Mindfulness day by day" which is centered on helping you create peace and happiness in your daily life. The page I am on today is page 16.

So far it is a really good book and I encourage you all to check it out. There is a quote on the back that I find very inspirational that reads "Let go of your mind and then be mindful. Close your ears and listen." When speaking of this book to my job coach, he mentioned that he likes to listen to Joyce Meyer when he is stressed. She often speaks on mindfulness, and ways to enjoy your everyday life. I have too listened to her, and highly recommend tuning into one of her sermons, or checking out one of her books.

Sometimes you do not even know you're under stress. Stress can cause all kinds of things, like Headaches, overeating, drinking alcohol, and much more. Another recommendation to help lower your stress level is to enjoy a nice cup of tea. I have been drinking a new tea I just found from Barnes and Noble that I love. It is a cinnamon tea called "Hot Cinnamon Spice Tea." It

comes in a little orange can with 30 tea bags inside. When I make the tea I add a little honey in the bottom of my cup, add hot water, and then I let the tea bag simmer for about 15 minutes. I then add 2 cups of cream. I try to drink one at least twice a day, and it really calms my mind down during a busy day.

I wanted to share these tips with you because I think it is important if you know something to help somebody else. Life is so fast paced, and COVID-19 has not made it any smoother. I also recommend taking a nice walk and getting some fresh air. Take in the nature and wildlife around you. I saw some baby birds in the tree when I was walking through the park the other day, and some cute little chipmunks running around. I do not think television is the best thing for stress and encourage you to get outside if you can.

If you are interested in doing something this week PFW has a meet up on Tuesday morning from 11am - 12pm. We have another meet up from 6pm - 7pm Thursday night. Here you can meet new self-advocates and converse. Julie Blasky runs the meet up and is looking to get more people involved in this so please join us if you are not busy! Thank you for your attention on this.

I thank you all for reading my letter, and hope that you have a wonderful week. Remember to do something nice for yourself, and to be the change you want to see in the world.

You can call my cell phone @ 414-852-6462 8:00am - 5:00pm, Monday - Thursday. If I am unable to take your call I will call you back. You can reach the cope hotline @ 1(262)-377-2673.

Sincerely,  
Cindy Bentley  
Executive Director  
People First Wisconsin