



Good Morning Members,

I hope to find you well this morning. I am going to talk to you about two topics today. First, I want to talk about mental health. I just want to reach out to all the members about your mental health related to COVID or any life stressors because there have been so many changes in our world. I know COVID has put a lot of people over the edge related to what to do. For example to go out to church, the store, or hangout with friends or family. I have been reading a lot about stress.

Stress can really related to mental health, it can give you headaches, not want to eat make you on edge, mess with your heart, etc. It can even make you react negatively to others when you are communicating then if you same something you have to go back and apologize. I know because this can happen to me sometimes. I tend to get headaches from stress, but I know how to handle it better now. I try to take some medicine and I use an app called Calm. It is an app that you can download to your phone. It will tell you take a deep breath or there are sounds to help calm you down. I will also listen to funky music like the Rolling Stones or Diana Ross. I will at times also have green tea and relax and take a time for medication. The last thing that I think helps me is my kitty. She is such a diva and she knows when I have stressed and she will notice and jump in my lap and calm me down. She will start to purr and it will relax me so much that sometimes I fall asleep. These are some suggestions that you could use if you are feeling stressed, but do what works for you. You can even call a friend and talk about what is going on. Sometimes we don't even know if we are feeling stressed, so I wanted to share some of that with you.

Unfortunately, COVID is still here. The numbers have gone up slightly so continue to be cautious. If you are going out in public consider still wearing a mask and stay away from large groups. It is better to be safe. I think the newest variant is called the Omicron. I know I am still be careful by wearing my mask when I am out. Especially, since I have a trip for the Special Olympics coming up in June. I plan on getting another booster shot to keep up with the vaccines. I try to continue to do what I need to do to be safe and hope that the city stays open. Variants are expected from viruses, so this is going to be around for a long time. I wouldn't put your guards down and do what is right for yourself. I can only worry about what I can do for

myself. It is your preference of what you want to do or to get vaccinated but do what you need to keep yourself safe and those around you safe.

I hope you have a very blessed week! Please reach out to me if you need anything. I am wishing you all a blessed Monday. 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