

May 1, 2023



Good morning Members,

I hope to find you well this morning. Yes, it is May 1<sup>st</sup>. I don't know if it is spring or winter, but we have made it to May. It is Mental Health awareness month. If you are having any kind of mental health, you can call the hotline, me, or someone close to you. April was interesting because it wasn't very sunny, it was cold and wet.

I know it can be hard to adapt when it feels like we should have better weather, but we don't. There is still a lot that you can do inside to make you feel happier like baking, puzzles, or calling/seeing a friend. In May we celebrate Mother's Day on May 14<sup>th</sup> and Memorial Day on May 29<sup>th</sup> which there is something to look forward to and keep us going!

I am excited to be able to go to the zoo again soon. I like it because it is good to be able to see the animals and walk

around, which is good for me. I also heard that if you have a pet like a cat or a dog that it can be good for your mental health. It can also be good for your blood pressure. My baby kitty likes to jump in my lap and get all the pets which makes me so happy. If you don't have a pet, you can go to the zoo and see all sorts of animals.

You can make going to the zoo affordable by packing your own snacks and lunch. There is a lot to do in the summer, I plan to be out and about. Every week I like to google what events and activities are going on in the area that I would like to go to. There are other things to look forward to when the weather is better like going to the zoo, the farmers' market, music in the park, or even a picnic outside.

The weather will get better, so don't just sit in the house and watch TV. Instead of putting the TV on in the morning I turn music on like jazz or even at the end of a long day I will put some relaxing, smooth music on. I know winter and this spring can be hard, but we need to appreciate the seasons. Sometimes we must be in charge of our own mental health, and we need to figure out what we need. If

you feel able reach out to someone else to make their day better, I am sure it will make you both feel better after.

Don't forget to check out our website for People First Wisconsin for events coming up! We have the meet-up tonight from 4:30pm-6:30pm and Thursday is from 6pm-7:30pm. There is also the speaker series tomorrow from 11am-12pm. If there is anything I missed, please look at our website for updates:

<http://www.peoplefirstwisconsin.org/>

I know it can be hard out there and I know we all struggle at times. Be there for each other and reach out to someone that is a friend or family member. You can call my cell phone @ 414-852-6462 8:30am - 5:00pm, Monday - Thursday. If I am unable to take your call, I will call you back.

You can reach the Suicide and Crisis Lifeline at 800-273-TALK (8255) or 988 has been designated as the new three-digit dialing code that will route callers to the National Suicide Prevention Lifeline (now known as the

988 Suicide & Crisis Lifeline), and is now active across the United States. This is the website: <https://988lifeline.org/>

In spirit of Mental Health Month, here is a quote today from Maya Angelou:

“Try to be a rainbow in someone’s cloud” -- Maya Angelou

Sincerely,

Cindy Bentley

Executive Director

People First Wisconsin