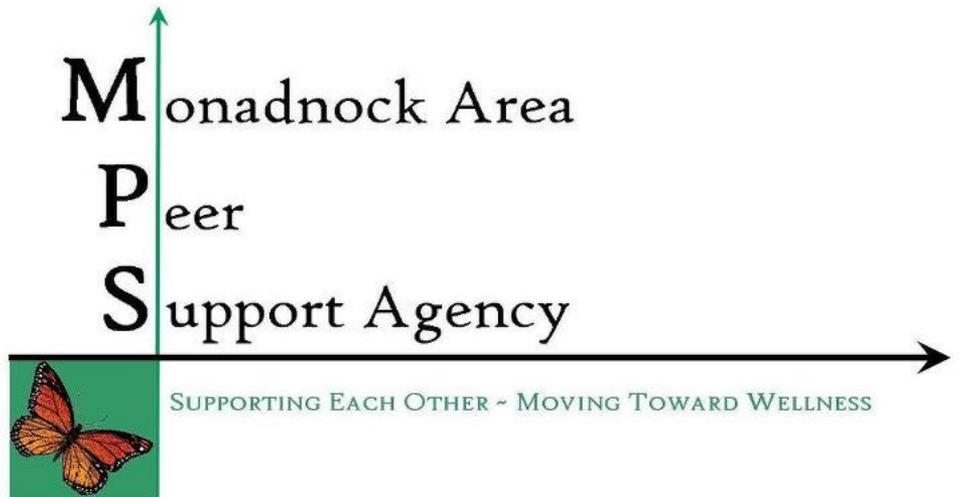


The Butterfly Bulletin

The Latest News at Monadnock Peer Support Agency

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Brene Brown on the Power of Vulnerability

Brene Brown studies human connection. In her TED Talk, the Power of Vulnerability,

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Vote for the Butterfly Bulletin's New Name!

It's been a long time since MPS had a new name for the newsletter. We're inviting

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Monadnock Area Peer Support Agency

64 Beaver Street, PO Box 258, Keene, NH, 03431

Phone hours: Monday through Friday, 9:00am-4:00pm

Phone: (603) 352-5093, (603) 352-5094 or Toll Free: (866) 352-5093

Warm Line Hours: 4:00pm-9:00pm, 7 Nights a Week, 365 Days a Year

Check www.monadnockpsa.org for Online Peer Support Groups! Contact us on Facebook at Monadnock Peer Support Agency, or on our Facebook group at Monadnock Peer Support Community Group

This program is funded in part by a SAMHSA Block Grant and the NH Department of Health and Human Services.

Vote for the Butterfly Bulletin's New Name!

...inviting you to vote on the newsletter's new name! Check out the possibilities:

--**Monadnock Peer Support Express**

--**Monadnock Peer Support News**

--**Monadnock Peer Support Pulse**

--**Monadnock Peer Support Advocate**

--**Monadnock Peer Support Perspectives**

Voting ballot coming soon!

News About Check In and Check Out!

You might notice some new additions to Check In and Check Out--we're adding themes to broaden our horizons. We hope you'll join us!



Brene Brown on the Power of Vulnerability

...she talks about being a researcher, and how researchers tell stories. The story she tells in her TED Talk, The power of vulnerability, is the story about her leaning against her discomfort to learn about new topics. In order for her to do this she has to understand connection.

She states "...Connection is why we are here. It's what gives us purpose and meaning to our lives."

She explains that when she was doing her research she found that shame was the main cause of disconnection. How no one wants to talk about it and how we tell ourselves that we are not beautiful, or strong enough. But if we talk about shame, it leads to vulnerability.

Her research showed that people who were wholehearted were individuals who thought what made them vulnerable made them stronger. They had fully embraced vulnerability. We are scared to be vulnerable because it leads us to getting hurt. But when we embrace vulnerability it can make us stronger. She goes on to explain how embracing vulnerability can give us power.

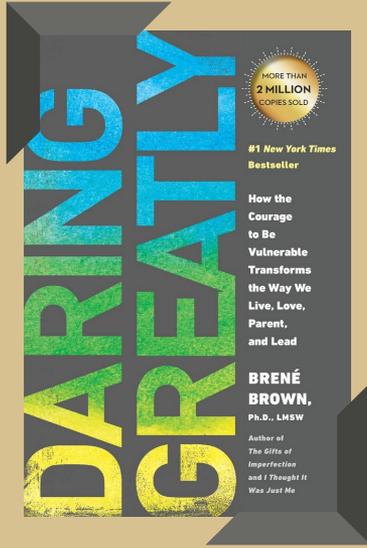
"To love with our whole hearts, even though there is no guarantee." -Brene Brown

Watch the TED Talk here:

<https://www.youtube.com/watch?v=iCvmsMzIF7o>

MPS Monthly Must Have's

Monthly Recommendations



Book of the Month: "Daring Greatly" By Brené Brown

Every day we experience the uncertainty, risks, and emotional exposure that define what it means to be vulnerable, or to dare greatly. Whether the arena is a new relationship, an important meeting, our creative process, or a difficult family conversation, we must find the courage to walk into vulnerability and engage with our whole hearts.

In Daring Greatly, Brené Brown challenges everything we think we know about vulnerability. Based on twelve years of research, she argues that vulnerability is not weakness, but rather our clearest path to courage, engagement, and meaningful connection. The book that Brown's many fans have been waiting for, Daring Greatly will spark a new spirit of truth—and trust—in our organizations, families, schools, and communities."

Recipe of the Month:

Babe Ruth Strawberry Pineapple Banana Smoothie

Author: Melissa Stadler, Modern Honey

YIELD: Makes 4 PREP TIME: 5 minutes

Ingredients:

- 1 cup Strawberries
- 1/2 cup Pineapple
- 1 Banana
- 2 cups Orange Juice
- 1/2 cup Greek Yogurt
- 1 cup Spinach optional
- 1 Tablespoon Chia or Flax Seeds (Optional)
- Ice



Instructions:

- Add ingredients into a blender and blend until smooth and creamy.
- Add ice depending on temperature preference.
- Frozen bananas work best in smoothies. Peel, slice in half, and place in a large Ziploc bag in the freezer overnight.
- Add more spinach and kale to increase nutritional benefits.

April All About Me Challenge

Accomplishments and Announcements

April All About Me Challenge:

5 minutes/5 days a week

In WRAP, Mary Ellen Copeland talks about how to build self esteem. One exercise that can be helpful is to write a list of your accomplishments.

Join us this month as we take 5 minutes a day to record our accomplishments and how these accomplishments can have a positive impact that can teach us more about our lives.

Let us know how it's going for you
at Check In or Check Out!



Highlights of Hope

Group of the Month: Women's Group

Women's Group

New Guidelines and a New Take

Every Tuesday, women from our community gather either in person, virtually, or a hybrid of both to offer support and a fresh perspective on anything that has to do with being a woman in our current world. From pregnancy to menstruation to relationships to workplace issues and beyond, we cover lots of ground. But it's not limited to just that. Each group is an opportunity to bring new topics of conversation and connect with other women in a peer setting. How do women feel about how they are portrayed in the media? What is it like to navigate difficult relationships? We welcome anyone who self-identifies or who has life experience as a woman to share what is going on for them and connect with other women to build community amongst ourselves. We meet weekly, but you're not required to attend every week. We hope you'll join us!



Next month Sneak Peak:
Johann Hari on
How to Find Hope

Weekly Schedule

MONDAY

**Check In
Featuring Music**
9:15 am-9:45 am

Feelings of Anger
1:00 pm-2:30 pm

**Check Out
Featuring the
Creative Writing
Prompt of
the Day**
4:00 pm-4:30 pm

TUESDAY

**Check In
Featuring
the Stretch
of the Day**
9:15 am-9:45 am

Women's Group
3:00 pm-4:00 pm

**Check Out
Featuring Self-
Advocacy**
4:00 pm-4:30 pm

WEDNESDAY

**Check In
Featuring Art**
9:15 am-9:45 am

Isolation Support
1:00 pm-2:30 pm

**Check Out
Featuring Film
Trivia**
4:00 pm-4:30 pm

**Beyond Bipolar
& Depression**
5:00 pm-6:30 pm

THURSDAY

**Check In
Featuring
Physical Well-
being Tips**
9:15 am-9:45 am

**Hearing Voices
Network-USA**
12:00 pm-1:30 pm

**Trauma
Survivors**
2:00 pm-3:30 pm

**Check Out
Featuring
Meditation**
4:00 pm-4:30 pm

FRIDAY

**Check In
Featuring Moving
with Intention**
9:15 am-9:45 am

LGBTQ+ Support
11:00 am-12:00 pm

**Anxiety/Depression
Support**
2:00 pm-3:30 pm

**Check Out
Featuring the
Recipe for the
Weekend**
4:00 pm-4:30 pm

IN THIS HOUSE, WE BELIEVE:
BLACK LIVES MATTER
WOMEN'S RIGHTS=HUMAN RIGHTS
NO HUMAN IS ILLEGAL
SCIENCE IS REAL
Disabilities Are Respected
LOVE IS LOVE
kindness is everything

Community Happenings

- 4/13/21 @ 4:00 pm -- Community Meeting (please note the different time and date!)
- 4/15/21 @ 5:00 pm -- MPS Monthly Board Meeting
- *Mental Health Peer Alliance* -- Tuesdays, please email Sharon Reynolds at sharonlynnreynolds@yahoo.com for the February dates and times; this is a great opportunity for self advocacy in NH!
- *April All About Me Challenge* -- Any time you'd like to give it a try! See page 4 for details and let us know how it's going at Check In or Check Out or on our FB group "Monadnock Peer Support Community Group".