

The Butterfly Bulletin

The Latest News at Monadnock Peer Support Agency

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Monadnock Area
Peer
Support Agency



SUPPORTING EACH OTHER ~ MOVING TOWARD WELLNESS

Kicking the Stigma

Often when a person shares that they're feeling depressed, it's met with, "Have you had some tea lately? Gone to the gym? Talked to a therapist?" as if any one of these are a magic cure to get back to "normal." Everybody experiences mental health differently and recently some celebrity athletes have been speaking out about their lived experiences...

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Exercise is an all-natural treatment to fight depression

One in 10 adults in the United States struggles with depression, and antidepressant medications are a common way to treat the condition. However, pills aren't the only solution....

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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.

Exercise is an all-natural treatment to fight depression (cont'd)...

...Research shows that exercise is also an effective treatment. "For some people it works as well as antidepressants, although exercise alone isn't enough for someone with severe depression," says Dr. Michael Craig Miller, assistant professor of psychiatry at Harvard Medical School.

Exercising starts a biological cascade of events that results in many health benefits, such as protecting against heart disease and diabetes, improving sleep, and lowering blood pressure. High-intensity exercise releases the body's feel-good chemicals called endorphins, resulting in the "runner's high" that joggers report. But for most of us, the real value is in low-intensity exercise sustained over time. That kind of activity spurs the release of proteins called neurotrophic or growth factors, which cause nerve cells to grow and make new connections. The improvement in brain function makes you feel better. "In people who are depressed, neuroscientists have noticed that the hippocampus in the brain—the region that helps regulate mood—is smaller. Exercise supports nerve cell growth in the hippocampus, improving nerve cell connections, which helps relieve depression," explains Dr. Miller.

Depression manifests physically by causing disturbed sleep, reduced energy, appetite changes, body aches, and increased pain perception, all of which can result in less motivation to exercise. It's a hard cycle to break, but Dr. Miller says getting up and moving just a little bit will help. "Start with five minutes a day of walking or any activity you enjoy. Soon, five minutes of activity will become 10, and 10 will become 15."

It's unclear how long you need to exercise, or how intensely, before nerve cell improvement begins alleviating depression symptoms. You should begin to feel better a few weeks after you begin exercising. But this is a long-term treatment, not a onetime fix. "Pick something you can sustain over time," advises Dr. Miller. "The key is to make it something you like and something that you'll want to keep doing."

<https://www.health.harvard.edu/mind-and-mood/exercise-is-an-all-natural-treatment-to-fight-depression>



Kicking the Stigma

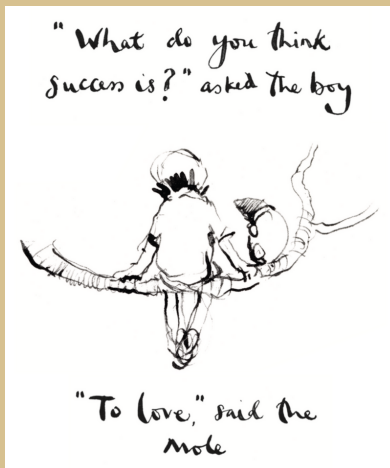
...Five years ago, the National Football League launched a new program designed to let players represent a cause that is important to them, and to show their support on custom designed cleats. Indianapolis Colts linebacker Darius Leonard has used his voice to share his story with the support of his team.

"I still can't sleep some nights. My mind starts racing. My chest gets tight. My heart aches. It physically hurts. Used to be that whenever a wave of anxiety like that would hit me, I'd think I was having a heart attack. For real." That was how Darius Leonard described his experience with anxiety and depression in an article he wrote for The Player's Tribune. This might sound familiar to some folks who experience obstacles on their way to wellness. After sleeping in a twin bed with his brother for 17 years because his family was too poor to be able to afford more space for seven children, after losing his brother in 2012, and after being discounted as a player due to his mental health, Darius is now using this opportunity to talk about his struggles with mental health after having achieved his dream of playing in the NFL.

And these aren't just feelings he used to struggling with. In the article he goes on to say, "If you look at me and you see a Cinderella story, or a superhero, or the Maniac or whatever, just know that underneath the helmet is a real person who is still working through some real pain." Armed with his purpose of carrying on his brother's legacy, Darius Leonard has gone from being called the worst pick in his draft to a husband, a father, a pro football player, and someone who is open about his mental health. To learn more, visit <https://www.colts.com/community/kicking-the-stigma>.

MPS Monthly Must Have's

Monthly Recommendations



Book of the Month:

"The Boy, The Mole, The Fox and The Horse" By Charlie Mackesy

Experience the world of a curious boy, a greedy mole, a wary fox and a wise horse who find themselves together, in sometimes difficult terrain, sharing their greatest fears and biggest discoveries about vulnerability, kindness, hope, friendship and love.

Charlie Mackesy's heartfelt illustrations are also available to view online on Twitter, Facebook, and Instagram. For more information, check out:

<https://www.charliemackesy.com/>

Recipe of the Month:

Yogurt Pops with Fruit and Granola

Low on sugar, with Good Protein and fun all year round as snacks or Breakfast

YIELD: Makes 10 PREP TIME: 10 minutes

INGREDIENTS:

1 1/2 cups plain Greek yogurt 1/2 teaspoon vanilla extract 1 tablespoon plus 1 teaspoon honey, divided 1 1/2 cups mixed berries, sliced if large, and/or cubed peaches 1/2 cup granola

PREPARATION:

Whisk yogurt, vanilla, and 1 Tbsp. honey in a large bowl. Fold in berries and/or peaches. Microwave honey jar 10 seconds or place in a bowl of hot water to loosen. Place granola in a medium bowl and drizzle with remaining 1 tsp. warmed honey. Stir to lightly coat granola. Divide yogurt mixture among molds, leaving about 3/4" at the top. Tap molds on counter to get rid of any air pockets; top with granola. Cover molds, insert sticks, and freeze until ice pops are firm, at least 2 hours.



DO AHEAD:

*Make sure you already have or need to get 10 (2.5-ounce) ice-pop molds and sticks*Ice pops can be made 3 months ahead. Freeze until solid, then transfer to an airtight container and keep frozen.

NOTE:

If you want options try cutting up cherries, nectarines, apricots, mangoes, bananas, or pineapple. Almost any fruit (or combination of fruits) that freezes well will work here.

March Mindfulness Challenge

Stories that can teach us



March Mindfulness Challenge:

5 minutes/5 days a week

In her blog entry, "Surviving the 'Bipolar' Label," Writer and artist Karin Jervert writes, "As I continued my journey, I [...] found that the fear of [...] feelings of suffering—my judgments of them, the inner talk of 'you shouldn't feel this way' or 'you are weak to be feeling this'—intensified them, making them more and more unmanageable. The message of psychiatry, intended or not, was to be afraid of one's 'illness.' This was particularly true of the voices and strange experiences. My fear of them [...] became the root of what made them a problem, but as I invited them in as parts of myself, they lessened and became more like teachers. I used my art and writing to give them voice—I finally let my mind free. And with that, regained a self-image of wholeness, worth, and beauty."

Join us this month as we take 5 minutes a day to be aware of the fear of feelings of suffering self-judgements and how these fears and self-judgements can have a story that can teach us more about our lives. Let us know how it's going for you at Check In/Check Out!

Read the blog entry here:

<https://www.madinamerica.com/2020/12/surviving-bipolar-label/>

BLACK
HISTORY
MONTH

IS
EVERY
MONTH

HAPPY
ST. PATRICK'S
DAY



Highlights of Hope

Group of the Month: Beyond Bipolar & Depression

Beyond Bipolar & Depression: New Year, New Name For a Beloved Group at MPS

The members of Wednesday night's long standing support group, Depression/Bipolar, voted to change the name of the group to something that encompasses the hope many feel after attending the group. Here is one person's story of their experience with depression and their connection to the group:

"I've struggled with depression for most of my life. This past year, however, I fell into the deepest pit of depression I've ever experienced and no matter what I did, I couldn't get myself out of it. The pandemic and the lockdowns caused me to feel extremely isolated from my friends, family, and the rest of the world. Being so alone, I had no one to express myself to and no one to support me when I needed it most.

"Eventually, I found Monadnock Peer Support and started attending the Beyond Bipolar & Depression group. At first I was more reserved and just listened to what others had to say. I was amazed at how comforting it felt to hear others talk about the same experiences that I was going through and I realized that I was not the only one struggling with these feelings. The more meetings I attended, the more comfortable I became talking about the difficult feelings I had been struggling with. Being able to express myself and have people there to support me got me to the place I needed to be to finally start ascending out of the pit I had been stuck in for so long. I now look forward to our group meetings every week. I'm so grateful to finally have people who are there for me and I no longer feel so alone in this world."



Next month Sneak Peak:
Brene Brown on the
power of vulnerability

Weekly Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Check In 9:15 am-9:45 am Feelings of Anger 1:00 pm-2:30 pm Check Out 4:00 pm-4:30 pm	Check In 9:15 am-9:45 am LGBTQ+ Support 12:00 pm-1:00 pm Women's Group 3:00 pm-4:00 pm Check Out 4:00 pm-4:30 pm	Check In 9:15 am-9:45 am Isolation Support 1:00 pm-2:30 pm Beyond Bipolar & Depression 5:00 pm-6:30 pm Check Out 4:00 pm-4:30 pm	Check In 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 4:00 pm-4:30 pm	Check In 9:15 am-9:45 am Anxiety/Depression Support 2:00 pm-3:30 pm Check Out 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

Beginning in March, MPS will be open for limited groups and in-person support on Wednesdays and Thursdays. More details to follow!

Community Happenings

- 3/9/21, 1:15-2:15 pm--Community Meeting
- 3/15/21, 5:00 pm--MPS Board Meeting
- 3/18/21, 12:30-1:30 pm--Quality Assurance Member Interview with Tom Grinley. Please email Christine at christine@monadnockpsa.org if you have questions
- 3/18/21--No Hearing Voices Network USA on 3/18 due to the Quality Assurance Interview
- 3/18/21--Trauma Survivors will be from 2:30-3:30 pm due to the Quality Assurance Interview
- Mental Health Peer Alliance -- Tuesdays, please email Sharon Reynolds at sharonlynnreynolds@yahoo.com for the February dates and times
- Mindfulness March 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!