



W.I.S.E. Newsletter

http://www.abhct.com/resources_wise.asp



Spring 2013

**Active Participants
162**



Provider Meeting

March 28, 2013

9AM -11AM

Page Hall Room 217

CVH Campus - Middletown, CT.

We will discuss the new WISE updates and meet the new Program Specialist

Mandatory Post RA Training

Boundaries and Ethics

April 2nd

Page Hall Room 217

CVH Campus- Middletown, CT

Upcoming RA Trainings

May 7th & 9th

Page Hall Room 213

CVH Campus - Middletown, CT.

July 10th & 12th

Page Hall Room 217

CVH Campus - Middletown, CT.

Homeland: A Must See...



What happens when a leading character of a hit show is caught in a world of deception, high stakes and mental illness? Showtime network's *Homeland* is the best example we've seen to date in its female protagonist, Carrie Mathison (played by actress Claire Danes). What's so great about *Homeland* is its sensitive portrayal of bipolar disorder—the perks and the downfalls—as well as the stigma that goes along with mental illness. Carrie hides her disorder to keep her job, receiving meds in secret from her nurse sister, who is pretty much her sole source of support. The sympathy Danes' acting prowess invokes, along with other cast members', does one of the best jobs of portraying mental illness in modern television today with compassion, clarity and responsibility attached.

Source: By Courtney Reyers, NAMI Publications Manager

http://www.nami.org/Template.cfm?Section=Top_Story&Template=/ContentManagement/ContentDisplay.cfm&ContentID=145315

Please share with your clients:

Exercise Motivation Tips:

Everyone loses motivation from time to time, and there are some days when you just don't feel like exercising at all. It's important to keep your workout routine up, so here are some options for when you need an extra push.

Remember that exercise isn't limited to your home, the gym or long walks and jogs. Kayaking, hiking, horseback riding and even snowshoeing are all unique activities that feel more like treats than work. Incorporate more fun into your workouts to keep up with your fitness goals.

Barrier 1: "I don't have time."

Solution:

1. Squeeze in a few short walks throughout the day;
2. Get up a few minutes earlier;
3. Sneak it in to your day by taking the stairs or do housework at a fast pace;
4. Combine activities (e.g., instead of a meeting a friend for coffee, meet for a walk);
5. Put your exercise on your calendar and be sure to keep your appointment; stretch and do strengthening exercises while you are watching television or on the phone; and/or
6. Get off one bus stop before your desired stop and walk the few blocks or park your car further from the store door than you normally would.



Barrier 2: "Exercise is boring."

Solution:

1. Choose activities you enjoy;
2. Vary your routine;
3. Get an exercise partner ; and/or
4. Check out exercise classes or sports leagues at your local recreation center.



Please share with your clients:

Barrier 3: "I worry about how I look while I'm exercising."

Solution:

1. Remind yourself that you are doing yourself a favor; and
2. Focus on how you feel after a workout and praise yourself after your improvements and each time you keep your commitment to exercise.



Barrier 4: "I can't afford to join a gym."

Solution:

1. Get a great workout by simply using the resources that surround you;
2. Take a walk;
3. Play basketball with friends;
4. Go bowling;
5. Ride your bike;
6. Go dancing;
7. Go hiking;
8. Go roller or ice skating; and/or
9. Spend some free time gardening.



Check out the offerings of your local community centers, churches or YMCAs; many offer financial assistance for low-income users. Some clubhouses have discounts. You can also rent DVDs and videos for free at your local library or find quality work out videos on YouTube.