

The Wellness Shack, Inc.

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Borderline Personality Disorder

Borderline personality disorder affects how you feel about yourself, how you relate to others and how you behave.

When you have borderline personality disorder, you often have an insecure sense of who you are. That is, your self-image or sense of self often rapidly changes. You may view yourself as evil or bad, and sometimes may feel as if you don't exist at all. An unstable self-image often leads to frequent changes in jobs, friendships, goals and values. Your relationships are usually in turmoil. You often experience a love-hate relationship with others. You may idealize someone one moment and then abruptly and dramatically shift to fury and hate over perceived slights or even minor misunderstandings. This is because people with the disorder often have difficulty accepting gray areas — things seem to be either black or white.

Borderline personality disorder symptoms may include:

Impulsive and risky behavior, such as risky driving, unsafe sex, gambling sprees or illegal drug use.

Strong emotions that wax and wane frequently

Intense but short episodes of anxiety or depression

Inappropriate anger, sometimes escalating into physical confrontations. Difficulty controlling emotions or impulses, suicidal behavior, fear of being alone.

When to see a doctor People with borderline personality disorder often feel misunderstood, alone, empty and hopeless. They're typically full of self-hate and self-loathing. They may be fully aware that their behavior is destructive, but feel unable to change it. Poor impulse control may lead to problems with gambling, driving or even the law. They may find that many areas of their lives are affected, including social relationships, work or school.

If you notice these things about yourself, talk to your doctor or a mental health provider. The right treatment can help you feel better about yourself and help you live a more stable, rewarding life.

If you notice these things in a family member or friend, talk to him or her about seeing a doctor or mental health provider. But keep in mind that you can't force someone to seek help. If the relationship is causing you significant stress, you may find it helpful to see a therapist yourself. As with other mental disorders, the causes of borderline personality disorder aren't fully understood.

Some studies of twins and families suggest that personality disorders may be inherited. Factors that seem likely to play a role include: Environmental factors. Many people with borderline personality disorder have a history of childhood abuse, neglect and separation from caregivers or loved ones.

Brain abnormalities. Some research has shown changes in certain areas of the brain involved in emotion regulation, impulsivity and aggression. In addition, certain brain chemicals that help regulate mood, such as serotonin, may not function properly.

<http://www.mayoclinic.com/health/borderline-personality-disorder/DS00442/DSECTION=causes>

NEW HOURS

SUNDAY	CLOSED
MONDAY	1-6PM
TUESDAY	1-9PM
WEDNESDAY	1-6PM
THURSDAY	1-9PM
FRIDAY	1-6PM
SATURDAY	CLOSED

WELLNESS SHACK DATES TO REMEMBER!!!

ANXIETY & DEPRESSION	MONDAY 4-5:30PM
BIPOLAR GROUP	TUESDAY 2:00 3:30PM
SMART RECOVERY	TUESDAY 6:00-7:30
PROCOVERY	WEDNESDAY 4-5PM
GENERAL SUPPORT GROUP	THURSDAY 1:30-3:00PM
DUAL DIAGNOSIS RECOVERY	FRIDAY 4-5PM

Volunteers

We are looking for volunteers available Tuesday or Thursday evenings from 6:00-9:00pm. Volunteers would be answering the phone, making sure others sign-in and misc. tasks as appointed by staff. If you are available, please stop down at The Wellness Shack during any of our business hours.



Brat Stand at Festival Foods

The Wellness Shack is having it's annual Brat Stand at Festival Foods **August 19, 20 and 21** from **10am to 6pm!** This is one of our largest fundraisers of 2016, so be sure to stop out and support us! We are looking for 8 volunteers to run the stand—if you are available, please contact Bob or Bonnie to sign up at 715-855-7705! Thank you!

Summerfest Booth

We will be having our annual Summerfest Booth on Saturday **August 6, 11am to 4pm.** This is an ideal time to introduce a friend or family member to the services we provide, with pamphlets and other information available. We hope to see you there!

New Evening hours!

The Wellness Shack is now open **Tuesday and Thursday evenings until 9pm.** Tuesday evenings we offer **SMART Recovery from 6-7:30pm.**

Trauma Sensitive Training

Thank you to Karen Lane , Advocacy Specialist from Disability Rights Wisconsin, for an informative presentation on Trauma Sensitivity on Friday July 22nd!

Annual Picnic

The Wellness Shack summer picnic was held at Carson Park Oak Pavilion this year. The weather was great and all the tables were filled with people. Even with the welcomed crowd, there was great food for everyone. A special thanks to Robert Geiger and the Program Committee who organized the picnic. Games were played, Door Prizes were won, but mostly people had opportunities to spend a beautiful evening with friends and talk with each other. We'd also like to thank all those people who volunteered, and who brought dishes to pass. Without you, the picnic would not have happened. All-in-all it was a great night!

“Wellness Shack Night” at the Eau Claire Cavaliers ballgame was a huge success. There were over 150 people in attendance. The Wellness Shack was featured in the Cavalier’s program book and our logo was printed on the tickets for that night’s game. Bob sang the Star Spangled Banner to get the game going, and the announcer shared information about The Wellness Shack throughout the game. In addition to all of this publicity, the ballgame was aired on a local radio station. Free tickets were available to anyone who attended The Wellness Shack summer picnic.

Domestic Violence Sexual Assault Listening Session

The Wellness Shack will be hosting a listening session with Karen Lane from Disability Rights Wisconsin in August. Time and date to be determined—call for more information. We are looking for people’s experience on what did work and what did not work when they needed support. We would also like to hear from volunteers and staff about their experiences when assisting someone needing services. Please join us and share your experience to help improve systems!

SMART Recovery Tuesdays!

SMART Recovery (Self Management And Recovery Training) is for individuals who have chosen to abstain, or are considering abstinence from any type of addictive behaviors (substances or activities), by teaching how to change self-defeating thinking, emotions and actions, and work toward long-term satisfactions and quality of life.

We’ve had many requests from both members and non-members to bring SMART Recovery back to The Wellness Shack. With two new SMART Recovery facilitators, meetings are being held every **Tuesday evening, 6:00-7:30pm!**