

The Wellness Shack, Inc.

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Living Intentionally

We live in a fast-paced and sometimes stressful environment that makes demands on us that are at times overwhelming and exhausting. Ever feel like you're the little silver ball in a pinball machine? Life has become an experience of being batted around the game board by flippers we don't control. A flipper could be appointments we have to go to. The "shoulds" of our life telling us what we must do. Concerns about what our friends think shape how we act. TV shows we must watch leave us hanging so we want to watch the next episode. Worries about the future, regrets about the past ramble through our brain like a bad song. And the list goes on.

Our reaction to these demands is to develop routines to make our personal lives more tolerable: We wake up. We go to work. We come home. We eat, watch TV, and go to bed. Routines are good. Routines bring structure to our lives. But, sometimes our routines can put us on auto-pilot. We just do them day after day without thinking. Then one day we may have a moment of pause, and wonder:

"Where did the summer go?"

Living intentionally is different. Living intentionally is about choosing to do the things that will make our life more fulfilling and satisfying. We look at what is helping us, and what is keeping us stuck. We consider the things we do that leave us feeling empty, regretful, or unfulfilled. We reflect on the things that make us feel better about ourselves and our life. What gives us that natural motivation like we had when we were kids? What are those events that use to leave us marveling "That was AWESOME!"

Will I ever feel like that again?

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Wellness Shack

Daily Hours

MONDAY	1:00PM to 6:00PM
TUESDAY	1:00PM to 6:00PM
WEDNESDAY	1:00PM to 6:00PM
THURSDAY	1:00PM to 6:00PM
FRIDAY	1:00PM to 6:00PM

RECOVERY SUPPORT GROUPS

ANXIETY & DEPRESSION SUPPORT	MONDAY 4:00 - 5:30 PM
BIPOLAR SUPPORT	TUESDAY 2:00 - 3:30 PM
SCHIZOPHRENIA SUPPORT	TUESDAY 3:30 - 5:00 PM
PRO-ACTIVE RECOVERY	WEDNESDAY 4:00 - 5:00 PM
DUAL DIAGNOSIS SUPPORT	WEDNESDAY 5:00 - 6:00 PM
GENERAL SUPPORT	THURSDAY 1:30 - 3:00 PM
GRIEF SUPPORT	FRIDAY 2:00 3:00 PM

The Grief Support Group is Back!

Amanda has requested that we continue the Grief Support Group.

Fridays at 2:00PM.

This group is for anyone who has suffered a loss:

Loss of a relative or friend.

Loss of a job.

Loss of a pet.

Loss of abilities you once had.

We all grieve for the loss of things in life.

Thank YOU Amanda!!

Are you interested in helping people
find Hope and Stability?

Do you want to make a difference in the
future of The Wellness Shack?

Consider being a Board Member.

We are accepting applications from
people who want to be on
the Board of Directors.

APPLICATIONS ARE AVAILABLE AT THE
FRONT DOOR SIGN-IN TABLE.

OR

CALL Bob, Tim or Amanda and we will
mail you an application form.

What do a Board Member do?

- ♦ make a 2 year commitment.
- ♦ ensure that the mission and vision of TWS are guiding what we do.
- ♦ lead and organize one of the 5 committees that advise the Board.
- ♦ ensure that TWS funds are spent responsibly and in accordance with grant contracts.
- ♦ monitor the Annual Work Plan to make sure we are meeting our obligations to donors and grant foundations.
- ♦ work to spread awareness of the Wellness Shack and what we do.
- ♦ Work to ensure the future of TWS.
- ♦ Support and help TWS Staff & Volunteers.

Time is the coin of your life.
It is the only coin you have,
and only you can determine
how it will be spent.
**Be careful lest you let
other people spend it for you.**

— Carl Sandburg

AZ QUOTES

Living Intentionally

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To live intentionally we must be willing to take charge of our life, make some changes, and re-focus our efforts on doing things that will improve our Life. We take responsibility for how we feel, and practice new things that will allow us to work toward the aspirations and goals that make us feel better about ourselves.

Does this mean we ditch our doctor, quit taking our meds, or stop seeing our therapist? No! It means that we explore our values and work to start doing the things that are more in line with who we are as a person. Doctors, therapists, and meds are part of our solution. They help us to have the ability to focus and make choices even though we live with symptoms we wish we didn't have.

*"When I take my meds,
I don't have mental illness anymore."*

— Mickey Crow

from his "Book Over and Back"

We start by exploring our interior selves to discover what our values are. What are the things we believe in deep down that cause us to act one way or another. If we value honesty for example, we will be honest with others. If we hate it when people lie to us, we most likely have honesty as one of our values. If we have values related to compassion, we most likely feel good when we are able to help someone.

7 common human values are:

Respect, Acceptance, Consideration,
Appreciation, Listening, Openness, Affection,
Empathy and
Love towards other human beings.

When we do things that contradict our values it causes us to be out of step in achieving those things that bring us the satisfaction and fulfillment found in living intentionally. If we disrespect our values too often, it can overwhelm us and leave us with feelings of dissatisfaction, emptiness, and a lack of confidence in being who we are. Living our values brings us a satisfaction nothing else can.

The Wellness Shack is funded by donations from friends, families and these organizations

