



TAZEWELL HOUSE RECOVERY CENTER NEWSLETTER

Cumberland Mountain C.S.B.

NATIONAL BLACK HISTORY MONTH

February is Black History Month and my favorite leader is Martin Luther King. He did a lot in the area of civil rights and gave his courageous life for the cause he believed in. Another person I think will do his best to help the country is President Obama. He is the first African American President, the 44th president of the United States. African Americans have come a long way thanks to Martin Luther King, John Lewis and other prodimant African Americans.

Frank L.

Black History Month

It is a great honor to have this month set aside for Black History Month. We have come a long ways since the 1950's. People

have done some of the worst things in history. They treated African Americans with no respect, no communication between whites and African Americans and segregation which means the practice of keeping ethnic separated especially by enforcing the use of separate schools, transportation, housing and other facilities. In today's time we have changed a great deal. There in no segregation now and communication skills have increased, and African Americans are treated with respect. We have some of the most wonderful persons in upper offices. For starters we had Martin Luther



American Dreams, and Americans Change

King, he had a dream. President Obama, the change of the future. I am very excited that we have a African American President, I believe in him and respect him a great deal.

Cindy G.

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Special points of interest:

- Martin Luther King had a dream.
- President Obama has change in the future
- Segregation no longer prevails.
- Black History Month
- African American Leaders of the past

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ASSUMPTIONS

Before putting anything down in writing, make sure you have your facts straight. For example, in list, check that everyone is here when posting Unit boards. It could mean redoing them several times. Carefully quote other people, not you own version.

Even proofreading they want to be heard correctly. One instructor had a poster, "Make sure brain is engaged before putting mouth in motion
Tammy H.

An **assumption** is a **proposition** that is taken for granted, that is, as if it were known to be **true**.

Cindy G.

African American with Mental Illness

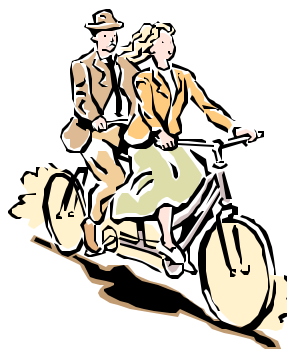
It's Black History Month! African Americans have strived and sacrificed to attain better conditions for their race. There are notable African Americans who fought circumstances that their younger neighbors could enjoy freedoms in integration. I am a African American and I have a story to tell.

Years ago, after several year of wandering to relatives, making bad decisions and being delusional, I went to a doctor who referred me to a psychiatrist. I was diag-

nosed with schizoaffective disorder.

I have gained strength through the years from members of African American church congregations. Many have helped and encouraged me to keep a positive outlook on life. My family has been typical of our race and supported me.

I am happy to have drawn



African Americans have come along ways in life and achievements.

from the resources of my people. I hope to strive on and be a notable African American woman, even though I have a mental illness.

Donna M.

ANXIETY AND PANIC DISORDERS

General anxiety disorder is characterized by excessive, exaggerated anxiety and worry about everyday life events. People with symptoms of GAD tend to always expect disaster and can't stop worrying about health, money, family, work or school. Daily life becomes a constant state of worry, fear, and dread.

Some of the symptoms of GAD include but not limited to:

Excessive, ongoing worry and tension

An unrealistic view of problems

Restlessness or feeling of being "edgy"

Irritability Muscle tension

Headaches

Sweating

Difficulty concentrating

Nausea

Tiredness

Cindy G.

HAPPY DAY'S ARE HERE AGAIN!

Happy days are here again! In a month or two, it will be Spring. Time to get out and do new activities once more. After so long with cabin fever we can enjoy the freedom of wide open spaces,



HAPPY DAY'S ARE HERE AGAIN!!!!

sunshine, short sleeves and hang up those old long coats or boots for a pair of jogging shoes. Stretch your tired joints and muscles on another walkway. There's hope for a

better tomorrow. Changes come, and we can make them possible. You might be the ray of sunshine in another person's life. Keep walking down that long, windy road. The next people you meet might turn out to be your best friend.

Tammy H.

NEW MEMBERS AT THE RECOVERY CENTER AND RETURNING MEMBERS

My name is Randall F. It gives me a chance to meet new faces and socialize with them. It gives me a chance to be in a new area, meet the new staff, to go new places I haven't been before. The groups here learn me new ways to control my illness.

Randall F.

It is good to be back at the recovery center. I will do my best to take one day at a time and do my best to come on se-



Returning members and new faces are among us again.

cluded days we should be able to do the best we can in our recovery.

Frank L.

FUNDRAISER TIME IS HERE AND NOW

It is time for our annual yard sale fundraiser here at the Tazewell House Recover Center. Its spring cleaning time. Accepting any donations of unwanted items for their yard sale fundraiser. It will be a fun time for all that

participates in this fundraiser.

Cindy G.

We plan to have several fundraiser everything from car-washes, bake sales, yard sales, and much more.

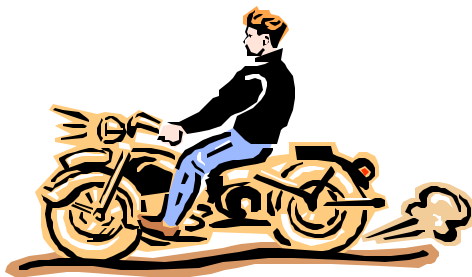
Hope to see everyone come

out for our fundraisers this year. If you would like to volunteer then let us know or if you have suggestions let us know.

Cindy G.

SELF-ESTEEM

What is the difference between high and low self-esteem? High self-esteem is when you feel



LIFE IS GOOD WITH HIGH SELF-ESTEEM

good about yourself. You will also feel confident about yourself. Low self-esteem is

when you feel low and depressed. High self-esteem is when you feel good. It is not good to feel low. It is good to feel mellow.

Tina R.



Every person suffers at least one time in their life, from some form of mental illness.

Mental illness does not discriminate who gets it & who does not. Only those who do not understand the real meaning of mental illness. They do from the fear of what they lack in knowing of what mental illness is. This factor is the "Stigma" that society has labeled mental illness.

Anyone can have a mental illness, genetically, short term, long term, any age, ethnic group(s), etc. Let's join as one in this battle to spread the word of awareness to everyone.

AFFIRMATIONS

It is a good idea to use affirmations in your everyday life. It can help you though your problems. Don't put yourself down or talk bad to yourself. Why do people put



Affirmations can break or make you

themselves down or talk down to lower their self-esteem? I think it is because when they lower their self-esteem they don't like themselves. People need to do self-talk and say good things

about themselves. Why? If you don't people would say bad things to you and the words can hurt really bad. Affirmations are positive sayings to help yourself and to get better in reality. I hope this article has helped you. So please say to yourself affirmations to better yourself in the long run.

Tina R.
