

JUNE 2023

MENDED HEARTS MONTHLY

Latest news & updates from the Mended Hearts Family



Notes from Julie

June is Children's Awareness Month, which began in 1996 as a holiday to promote children's education, child care, the prevention of child abuse, and the importance of psychological development. Here at Mended Hearts, we work with our young clients to instill self-esteem and confidence, and to help them communicate with their families. Speaking of communication, it's also Effective Communications Month. Learning to better connect with and talk to our friends and families can only help strengthen our relationships with those closest to us. Let us know if you need help improving your communication skills!

It's also National PTSD Awareness Month. Post-traumatic stress disorder can happen to anyone who has experienced or witnessed a physical or sexual assault or who has a friend or family member who experienced trauma, abuse, an accident, a disaster or other serious event. Children and teens may experience PTSD differently than adults. Click [here](#) for more information and resources about PTSD, or give us a call if you or someone you know is struggling with PTSD.



Remember, we're a nonprofit...your donations help support my Bougie lifestyle!

Bougie the cat supervising a session

What's Happening In June?

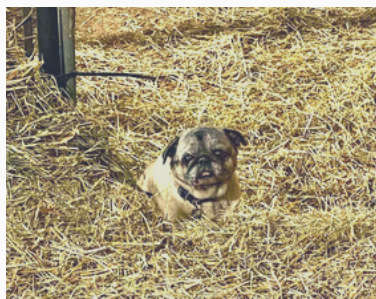
- Alzheimer's and Brain Awareness Month
- Children's Awareness Month
- Effective Communications Month
- National PTSD Awareness Month





Daffy's Corner

Summer in the Midwest usually means a lot of storms, which are scary for small pups like me (and kids, too!). I feel better when I snuggle up with my friends in a quiet, safe place. It also helps when the adults around me are calm and remind me that storms don't last for long. And sometimes when I'm really worried, I watch my deer sisters Dasiy and Dolly play in the rain. They love puddles, and they remind me that even storms bring opportunities for fun!



From Frank

At the End of the Day

This picture was taken at sunset at Garden of the Gods in southern Illinois. It was the end of a day of hiking in beautiful fall weather.

At the end of the day, we can look back and see if it has been a good day or not. Was there some moment where we said a kind word, did something for someone? Did we spend a moment to take a breath and appreciate the good in spite of the bad? There will always be both in just about every day.



At the end of the day, we can look back and see if we did what we set out to do or if something else took up our time. Whatever happened in that day, it was a small part of what we each are becoming and growing into.

At the end of the day, most of us are really just too tired to be thoughtful. Too anxious to see how the day will fit into the fabric of our lives. That is OK. Each day is meant to be lived, not examined. So at the end of the day, look back, give thanks, appreciate what you have learned, and get some rest. There is always a new day tomorrow.

Resources

Here are few resources we hope help you on your journey to a happier, healthier life!

- **App of the month** – Meditation Oasis
- **Book of the month** – The Anxiety Toolkit for Teens: Easy and Practical CBT and DBT Tools to Manage your Stress Anxiety Worry and Panic
- **Website of the month** – **National Institute of Mental Health** – <https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health>

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