

Mended Hearts Stable

Helping People Mend Their Relationships and Lives

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May 2022 Newsletter



From Julie

May is Mental Health Awareness Month. It is a month where people all across the mental health community join together to help spread awareness

around mental illness to let people know they are not alone. The stigma around mental illness makes it hard for some people to open up about the mental health issues they are dealing with. This is the reason that Mental Health Awareness Month is so important.

Mental Health Awareness Month has been observed in May in the United States since 1949 and was started by the Mental Health America organization. Each year in mid-March Mental Health America releases a tool kit of materials to guide outreach activities during Mental Health Awareness Month. During the month of May, Mental Health America, their partners, and other organizations interested in mental health put together a number of activities which are based on a different theme each year. This year's theme is #Tools2Thrive, which according to Mental Health America means "providing practical tools that everyone can use to improve their mental health and increase their resiliency regardless of their personal situation." With 1 in 5 adults struggling with mental health issues, it is an important topic that needs resources readily

available. This is why Mental Health America has come out with their series *Tools 2 Thrive* which provides information, tips, and practical tools that everyone can use to improve their mental health and increase resiliency regardless of the situation they are dealing with.

For more information visit [Mental Health Awareness](http://MentalHealthAwareness.org) or [Mental Health America's "Tools 2 Thrive"](http://MentalHealthAmerica.org). Or check out our weekly blog on www.mended-hearts.org where we will be featuring these tools throughout the month of May!



Featuring This Month: Trigo!

Our newest therapy horse is Trigo! He is a 14-year-old, Paso Fino

horse. He's a small but sassy boy, and our only all white horse right now! We often get told he looks like a majestic unicorn! He's been with us for a little over 6 months now and is a certified good boy, so feel free to ask to brush or ride him the next time you come out for a session!





Adopt a Horse Program

Each of our therapy horses costs \$500 a month to feed, shelter, and care for. That comes out to \$6,000 a

year per horse—and we now have 7 horses! Any amount you decide to give to adopt part of a horse would be awesome! We need partners who will help us cover the cost of this care so that we can continue to provide this type of unique and valuable therapy in our area.

What you give towards adopting a horse goes to pay for:

Grain, hay, bedding, vet bills, water, salt and other miscellaneous supplies, heating for the stables and arena, stable help, medicine, medical supplies

Any amount that you give to help support the cost of our horses is greatly appreciated, and adds up with others towards adopting all of our horses.

Come visit the horse that you have adopted by scheduling a visit. We would be happy to show you around and help you get to know the horse that you are helping us to care for.

To work out the way to adopt that is most convenient for you, call us at (309) 383-4323 weekdays 8:30 am - 5:30 pm. There is a picture of each of our therapy horses on our website at <https://mended-hearts.org/adopt-a-horse/>



Meet the Interns!

Pennie and Danielle are our newest master level counseling interns at Mended Hearts! You might see them helping

around the facility (seen here scooping poop!); sitting in on sessions with those that are comfortable with that; or you might even be lucky enough to be signed up as a client of their own during the days they are here throughout the week!



Pennie has been interning with us since early fall of 2021! She's currently with us twice a week and will be graduating in June from Capella University!

Danielle started with us since March of this year. She is currently here three days a week and will be graduating from Bradley University in August!





Daffy's Corner: Thoughts from Underfoot

My name is Daffy and I am the pug here at Mended Hearts. It's

been quite rainy here lately, and I'm sure like the rest of you, I am ready for sunshine and warm temperatures! Over the colder months it's easy for me to get lazy and want to stay under my heated lamp in the barn and do nothing else! Now that it's getting nice out again, it's important for me, and all of us, to get back into our healthy routines! So where to start?

When getting back on track, or starting fresh, it's important to take **small steps**—which is easy for my short little legs! Changing up your day-to-day routine all at once won't end with lasting results. It's important to pick one small thing each week, or so, to work on and to continue to add something new and positive as you go. For me, I might try to lay outside in the toasty sun rather than inside the barn all day! Maybe the next week I'll start going for short walks outside rather than just laying around all day! It is also important to start to **swap** out unhealthy habits with new healthy ones, and with **things you enjoy**! If you want to exercise more, but hate going to the gym, find something else such as yoga, walking, or even dancing!

Another important step when starting a new habit or adding onto your existing ones, is to **plan ahead**. When life gets crazy it's easy to be tempted to skip out on your daily routine. By doing things such as prepping a meal, laying out an outfit the night before, or even having an accountability buddy, can help set you up for success and **reward yourself** for the small victories along the way and **don't beat**

yourself up if you miss a day. Tomorrow is a fresh start! Progress is more important than perfection! Even as the cutest pug on the planet, I am still not perfect at everything!

From Frank



One day last summer I was leaving work and looked up to see the sun shining through the clouds and took this picture. I then texted the picture to a relative, saying that this is where I work. They texted back, "You work in heaven?" Seeing the sun shining through the clouds was a good moment.

In 1989 Vicki Corona is credited with saying, "Life is not measured by the number of breaths we take, but by the moments that take our breath away."

Where is your focus in life? Life is full of both good and bad moments. We can understand the bad moments and make changes to be safe, healthy, well. We can also remember and hang on to the good moments to help us and others find peace and more enjoyment in life.

Catch the others around you doing good as much as you catch them doing bad. In fact the more you catch others doing good and let them know you noticed, the better they feel and the more likely they are to make better choices in the future. It is a brave and useful thing to do.