

MENDED HEARTS

FALL 2023



While many people love the changing leaves and cooler days of fall, others find themselves becoming more irritable and tired. Seasonal affective disorder is a type of depression that often begins in late fall as the amount of sunlight each day decreases. Symptoms include feelings of sadness, lack of energy and interest in usual activities, oversleeping and weight gain. Roughly 5% of Americans, most of them female, experience seasonal affective disorder in their lifetime. If you or someone you love is struggling, give us a call at 309-383-4323.



Please welcome our new therapy horse, Scarlet. Scarlet is a 20-year-old mare who used to be a Girl Scout camp horse. Don't let her big size scare you - she's great with kids!

THANK YOU, VETERANS!

Veterans' Day is November 11, 2023

Visit <https://www.military.com/veterans-day/restaurants-veterans-day-military-discounts.html> for restaurant deals and discounts!



Mended Hearts founder and Executive Director Julie Perry received the Germantown Hills Chamber of Commerce 2023 Servant Leadership Award in October. This award recognizes those who contribute to the well-being of people in the community.

Grieving During the Holidays

by Karen Dunne, MA

As we head into the busy holiday season, gatherings with family members and the financial burden of holiday gift-giving may bring stress in addition to joy. For people who are grieving the loss of a loved one, the holiday season can be even more difficult, full of painful memories and decisions.

Loss Due to Death

When someone close to us dies, it feels like life will never be the same. And it may not be...but that doesn't mean life will never be good again. Everyone grieves in their own way and in their own time, but most people move through the stages of grief (denial and isolation, anger, bargaining, depression and acceptance) in 12-18 months. These stages aren't necessarily linear - you may skip a stage, cycle between them, or get stuck in one particular stage for a while. And going through the grieving process doesn't mean you lose your emotional attachment to the loved one who is gone; you may find yourself suddenly missing them years later. That's normal!

Loss of Relationship

Some people go through the holidays grieving the loss of a friend or family member who is still alive. Whether there's a rift due to money or politics, issues with alcohol or drug use, or even divorce or separation, it's normal to grieve the absence of someone who is still alive, or even to be angry with them. The most important things you can do are to allow yourself to feel your feelings and practice self-care through good nutrition, sleep and exercise.

If you are struggling with grief this holiday season, give us a call...we're here to help.

"It's your reaction to adversity, not adversity itself that determines how your life's story will develop."

DIETER F. UCHTDORF

Join us Saturday, December 9, from 3-7 p.m. for the Mended Hearts Christmas Open House!

Meet Santa, take pictures with your favorite Mended Hearts animals and have some treats! We will also have craft vendors here for your holiday shopping needs.

