

TOGETHER JUST, INC

In this month's special issue:

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Mental Health Tips

We are all worthy of being treated with respect. Period. The denial of basic human rights often leads to low self-esteem, anxiety, and lack of self-compassion.

It's time to throw away shame-based filters and self-judgment, and remember our thoughts, feelings, and emotions are just as important as others.

Here are a few basic human rights to remind yourself:

- I have the right to say "no" without feeling guilty.
- I have the right to be treated with respect.
- I have the right to make my needs as important as others.
- I have the right to be accepting of my mistakes and failures.
- I have a right to set healthy boundaries with others, even if they do not like it.

Set aside time to reflect on these points, allow yourself to let go of the critical inner thoughts, and feel more deserving of being treated respectfully.



empowered women
empower women



NATIONAL WOMEN'S
HISTORY MONTH

Women's History Month

March is Women's History Month. Similar to other businesses in the U.S., Together Just owes its success to the hardworking and tenacious women within our organization. A HUGE thanks to Lilli Higgins, Stephanie Lee, Pattie Jackson, Tammy Thomas, Stacy Bonham, and Jessica Thomas.

Historically and at present, women are disproportionately affected by mental illness as compared to their male counterparts. As stated on the Office on Women's Health website, "More than 1-in-5 women in the U.S. experienced a mental health condition in the past year, such as depression or anxiety. Mental health conditions affect everyone differently, and this holds true for women suffering from mental illness. For more information and resources, please visit their [website](#). You may also contact our office at 918-232-9402 with any concerns.

Words from Our Founder

Spring is here and we have several exciting things to look forward to in the months to come! We are starting two new groups, our Emotional Wellness group and Social Skills group for children with Autism Spectrum Disorder. We have been working toward our goal of expanding our company and continuing to serve the families in our community. With growth, comes the need of support—Together Just will be sharing all of our new volunteer programs soon. If you would like to learn more about how you can get involved in helping us grow and serve the community, please reach out.

Thank you for your continued support!