

NEWSLETTER

HEALTHY MINDS

Gracious Gifts Foundation

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President Message

Dear Friends:

It is with great pleasure I introduce to you "*Gracious Gifts Foundation*"

In an uncertain world, wouldn't it be nice to find happiness and peace? Science and many studies have shown, that there is great reward in giving.

When you give, you will be happy knowing that you have made a difference in someone's life. By giving them food or medicines, or avoiding eviction, or even helping to save them from deep

mental turmoil.

Our foundation wants to meet the needs of individuals by providing them these much needed services. Your help to us will make a tremendous difference in our community of Baltimore.

Our sincere thanks to you for considering a generous donation.

Marjula Borge, MD



Healthy Minds

Health & Wellness

Mental Health

301-965-0344

www.graciousgiftsfoundation.org

Wellness Secrets

Dr. Margaret Swarbrick is a scientist at Rutgers Center of Alcohol and Substance Use Studies. When Dr. Swarbrick recreated Dr. Jerry Johnson's 8 dimensions of wellness, she had no idea that the model would benefit many people around the world. The model was originally designed to help people struggling with mental health and substance abuse problems.

Today, Dr. Swarbrick's 8 dimensions of wellness are being brought to people all around the world who have a desire for good health and wellness.

Good health and wellness is our ability to successfully manage our body, mind, and spirit to cope with our daily challenges so that we can thrive and revive rapidly.

Divorce, stroke, racism, debt, unemployment, pandemics and exploitation are some of the challenges that we face every day. If you are not physically or emotionally well to manage your life, you may be at risk for health and mental health problems. The secret to wellness is to master the 8 dimensions of wellness. [Subscribe to learn more about the 8 dimensions of wellness.](#)



By Jinelle Williams

Health Advice

Dear Friends:

In a world where there is much confusion about Covid-19 and its effects, let me share some simple ideas you can practice that can help you stay well and safe.

Have you ever tried to look into an object to see how you look, perhaps it was a shiny metal, or the back of your phone, or your car window. It's just not as clear as looking into a mirror right?

So let's look at why there is confusion over covid 19. Many people are going to the wrong sources for their information, such as on the "dark web" or other biased news sources.

Going to your doctor or a mental health professional is like looking clearly into a mirror. It can answer many of your concerns and remove your frustrations.

Just like we use a mirror daily, we may need to start with professional help. It will clear up a lot of confusion.

You can find resources at your PCP or your local health centers. Or you can go online to the CDC (Centers for Disease Control).

I strongly urge you to pursue these channels so you can be living life seeing clearly in a mirror. Please start with giving the resources a call as many are providing Telehealth services only.

Stay safe.

Manjula Borge, MD

TRAUMA



Life is full of pain. Let the pain sharpen you, but don't hold on to it. – Patricia Nombuyiselo Noah *"Healing trauma involves recognizing, accepting, and moving through pain – clean pain. It often means facing what you don't want to face – what you have been reflexively avoiding or fleeing."*

Resmaa Menakem, *My Grandmother's Hands* There are a variety of defensive moves we use to keep ourselves protected - forms of fight, flight and freeze – “annihilate” – all of which Resmaa Menakem calls “dirty pain” and those defensive moves are not going to let us heal. How do we heal from trauma? “Instead of “dirty pain,” we need to move through and experience our “clean pain” fully to metabolize it and integrate it into our life so it doesn't block us from growing and living out our life to its full potential.

Resmaa says that we need to recognize and work through

(“reprocess”) our own personal, historical *and* generational pain and trauma, so as to be freed up to do the work of healing ourselves and the world. Menakem's book, *My Grandmother's Hands* is a helpful resource in learning how to calm your “soul nerve,” what he calls the main nerve that connects all of your nervous system. He has described many exercises anyone can do to practice “settling your body.”

I highly recommend this book to anyone who seriously wants to work on their traumatic experience, and begin healing. Of course, seeing a therapist skilled in trauma work is another step you can take on this journey. Try this exercise from Menakem's book:

Exercise “Breathe, ground and Resource” exercise: Take a few deep breaths. Let your body relax. Think of a person, animal or place

that makes you feel safe and secure. Now imagine that this person or animal is beside you right now, or that you are in that safe place. Breathing naturally, let yourself experience that safety and security for about a minute. Feel into your body. Where does it seem constricted, uncomfortable, or unwell in any way? Note each or these locations. Pick one of these locations and focus on it. For a few seconds, let yourself fully experience the constriction or discomfort.

Then, once again, visualize the person, animal or place that helps you feel safe and secure. Imagine you are in that place or that the person or animal is beside you. Experience the safety and security for a minute or two. Repeat this for each part of your body that feels uncomfortable or constricted.

By Wendy Dorsey

“Let the pain sharpen you, but don't hold on to it”

Donate

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