

Healing, Hope, & Help

SUICIDE
PREVENTION
NETWORK

January 2025



Here's what happened in the last month!

We want to share with you some events that took place last month ...

- SPN staff volunteered for the Carson Valley Community Food Closet drive in early December.
- Distributed Santa mailboxes and Santa Letters to four locations in the Valley for kids to fill out and then returned kindness certificates to over 100 kids that participated.
- Self-Care presentations were given to students at DHS.
- Supported HOPE Squad activities at the Middle Schools in Gardnerville.
- 2nd Annual Solstice Walk at Heritage Park was well attended.
- Presented self-care activities to Diamond Valley School

These events are just some of the outreach we are involved with in our mission to make a real difference in the lives of those who need it most.

Finally, we want to remind you that our non-profit relies on the kindness, generosity, and support of you ... our community members. If you are able to donate, please do not hesitate to reach out to us.

Debbie Posnien
Exec. Director

Mental Wellness Month

As we start a new year, it's a good time to put our mental health at the forefront, think about our emotional well-being, recognize any struggles we might be dealing with, and take steps to feel better mentally. Mental wellness isn't just about avoiding mental illness—it's about making sure we're taking care of our minds and emotions in healthy ways. Whether it's finding balance, managing stress, or building strong relationships, it's a good time to focus on what makes us feel good mentally and emotionally.

One of the key goals of Mental Wellness Month is to break down the stigma around mental health. Many people shy away from talking about their struggles, often because they're worried about being judged or misunderstood. This month encourages us to speak up, educate ourselves, and normalize the idea of seeking help when we need it.

During January, it's a great opportunity to try out different habits that boost mental well-being, like exercising, practicing mindfulness, eating healthy, and getting enough sleep. These simple changes can have a huge impact on how we feel mentally, helping to reduce stress and improve our overall mood. Mental Wellness Month also highlights the importance of reaching out for support when needed, whether that means seeing a therapist or talking to a friend. By making these small, positive changes, we can set ourselves up for a healthier, happier year.

In this newsletter
you can find:

Ongoing Groups

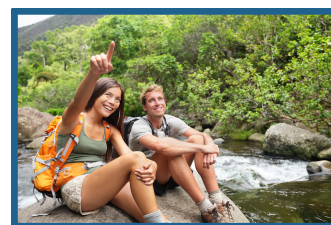
Monthly Awareness
Topics

New Year
Expectations

Mindfulness Ideas

January is ...

Mental Wellness Month





Ongoing Groups

PTSD Support Group

2nd and 4th Tuesday of the month
6:00 - 7:30 pm at SPN office

Peer Support - Suicide Loss Survivor Group

1st Thursday of the month
11:30 am - 1:00 pm **(NEW TIME)** at
SPN Office

Growth Through Change

1st and 3rd Wednesday of the month
3:30 - 4:30 pm at the Douglas County
Community Center



New Year Expectations

The start of a new year often brings with it a sense of excitement and anticipation, along with a surge of expectations. Many people set New Year's resolutions, aiming to improve themselves, whether it's through fitness goals, career aspirations, or personal growth. There's a common desire to leave behind any past disappointments or struggles and start fresh, with the hope that the new year will bring new opportunities and success. However, these expectations can sometimes feel overwhelming, leading to pressure to achieve perfection or meet certain standards, which may not always be realistic.

While it's natural to want to set goals for the year ahead, it's important to remember that expectations should be balanced with self-compassion and patience. Not everything will go according to plan, and that's okay.

Embracing flexibility and understanding that setbacks are part of the process can help reduce the stress of high expectations. Instead of focusing solely on grand outcomes, it's helpful to set smaller, achievable goals that lead to long-term growth and happiness. By managing expectations and being kind to ourselves, we can create a more fulfilling and balanced year.

Mindfulness Ideas for the New Year



- **Create a cozy mindfulness practice**
 - Make yourself a cup of tea or a mug of hot chocolate and sit in a quiet, cozy spot. Note how the mug feels in your hand, the way the steam dances up from the surface, the aroma.
 - Take a moment to reflect on the joy a hot cup of tea or cocoa can bring on a cold day.
- **Practice gratitude**
 - Make a list of all that you are grateful for. This list can include big things like health or individuals, acts of kindness or care you have received, or something as small as the joy a slice of toast with butter and honey can bring.
 - Do you have the opportunity to tell someone that their support, presence, or act of kindness is a point of personal gratitude? If so, tell them how much they are appreciated.
 - Is there a way you can show yourself appreciation – we need to say thank you to ourselves.
- **Get outside**
 - Bundle up and head outside for a walk around the neighborhood, in the park, or even a few minutes sitting in your backyard.
 - Concentrate on how the air smells, how it feels as you fill your lungs; the way the birds call out or the crack of a twig as you walk.
 - Think about how different winter sounds, looks, and feels from the other seasons. Take note of the colors, energies, and qualities you sense as you move through the outdoors.