

Healing, Hope, & Help

SUICIDE
PREVENTION
NETWORK

December 2024



Here's what happened in the last month!

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

- Pinecone craft activity at the Community Center. A pinecone's function and how this relates to personal resilience.
- Gratitude trees at Baker-Hughes and Douglas High School
- Self-Care and Growth mindset presentations to 9th grade students at DHS
- Panda roll event (cinnamon rolls and art projects).
- Veterans celebration on the 8th at the senior center.

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

Seasonal Affective Disorder (SAD) Awareness Month

Seasonal Affective Disorder (SAD) is a type of depression that tends to happen in the fall and winter when there is less sunlight. The lack of sunlight can mess with your body's internal clock and affect chemicals in the brain that help regulate mood. People with SAD often feel very tired, have low energy, find it hard to focus, and may oversleep or eat more, especially foods high in carbohydrates. They might also feel sad or hopeless.

The exact cause of SAD isn't fully understood, but it's thought to be influenced by a mix of factors, like genetics and changes in the environment. People who live in places with long, dark winters are more likely to experience SAD. Treatment usually includes light therapy, where people sit in front of a special light that mimics natural sunlight, along with medications and counseling. Lifestyle changes, like exercising more or sticking to a regular sleep schedule, can also help. For many, SAD symptoms improve as the seasons change, but for others, it may require ongoing treatment to manage.

In this newsletter
you can find:

Ongoing Groups

Monthly Awareness
Topics

Holiday
Expectations

December is ...

*Seasonal Affective
Disorder (SAD)
Awareness Month*

*International
Volunteer Day*



Ongoing Groups

PTSD Support Group

Nov 12 & 26, 6-7:30 pm ~ SPN's Office

Suicide Loss Support Group

Nov 7 & 21 ~ 6-7:30 pm ~ SPN's Office

Growth Through Change

Nov 6 & 20, 3:30-4:30 pm ~ Douglas County Community Center



International Volunteer Day

December 5th is International Volunteer Day. It is a special occasion to celebrate the selflessness and dedication of individuals who give their time, skills, and energy to make the world a better place. It is a reminder of the incredible impact that volunteers have in their communities and beyond, helping to bridge gaps and build stronger societies.

Volunteering offers a wealth of personal benefits that go far beyond the immediate impact on the community or cause being supported. For one, it can significantly improve a volunteer's sense of well-being and fulfillment. By contributing to a cause they care about, volunteers often experience a sense of purpose and accomplishment that can boost their mental and emotional health. Knowing that their time and effort are making a tangible difference can bring a deep sense of satisfaction and increase feelings of happiness. Volunteering can foster connections, create a sense of belonging, and build strong social networks and friendships that can last a lifetime. The social aspect of volunteering helps combat loneliness. Finally, the act of giving without expecting anything in return can lead to a heightened sense of gratitude and perspective on life.

Please take the time to find a volunteer opportunity in your community ... there are many out there!



Holiday Expectations

The holiday season often brings with it a mixture of excitement and anticipation, as people look forward to time spent with family, friends, and loved ones. For many, it's a time to relax, celebrate, and indulge in traditions that create cherished memories. However, with all the festivities and seasonal cheer, there can also be heightened expectations, both for ourselves and others. There may be pressure to create the perfect holiday experience—whether it's finding the ideal gifts, preparing a picture-perfect meal, or ensuring that everyone feels included and happy. These expectations can sometimes feel overwhelming, especially in a world that emphasizes the idealized version of holiday bliss through social media and advertising.

It's important to remember that the holidays don't need to be flawless to be meaningful. The true spirit of the season lies in the connections we share, the kindness we show, and the moments of joy that arise from simply being together. Rather than focusing on perfection, it can be more fulfilling to embrace the imperfections, allowing room for spontaneity and relaxation. Setting realistic expectations and practicing self-compassion can help reduce the stress that often accompanies the holiday season, allowing us to focus on what really matters—celebrating love, gratitude, and togetherness.