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Report for April 2022

Purposeful Living

Keys to Resilience Building

— Mental Health & Wellness Campaign 2021 - 2022

Mental Health & Wellness Awareness 2021 - 2022

April Focus:

The Power of our Imagination

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— Mental Health & Wellness Campaign 2021 - 2022

We begin this month's reflection on Mental Health and Wellness with another renowned British author, speaker and International Advisor, Sir Ken Robinson, with his famous Ted Talk, on creativity. Creativity matters. As we set ourselves to tackle the onslaught that comes at us, the increasingly horrific atrocities of the devastation of the war perpetuated by Russia against Ukraine, and the spiraling bad news of inflation and rising crime and violence here in the States, we need to be able to shift our perceptions. What do you see? Strengthening emotional intelligence, pivotal resilience building, demands an intentionality in our efforts to reign in our imagination.

Dr. Sherika Simone Dacres, mental health counselor and education data specialist, in her research on Burnout, discusses Burnout in her book, "Death by Burnout: Education's Dirty Little Secret"¹ and tackles mindset as focal to well-being. The way we perceive the stimulus that we take in determines its impact on us.

All three major monotheistic religions now commemorate their holiest season, Ramadan, Passover, The Crucifixion and Resurrection of Christ; in this time, across the globe, the fervent in faith, turn their attention inward, to refuel for forward momentum. There is hope, stirred by a faith propelling us forward through the most dark and dreary of circumstances.

I challenge you in this month's call to action, to compel your imagination, to take hold of your vision, and determine a course of action that may look different than the reality of your circumstances. I call on you to lay hold on life, when everything in you screams out, death. I encourage you to not embark on this journey solo, but to hold on to a partner, that together, you may inch forward, through the darkness.

It will not be easy. It's a radical approach to harnessing your mindset to alter your experience.

Viktor Frankl's book on the psychology of the Holocaust, as an austrian neurologist, psychiatrist, philosopher, author and himself a Holocaust Survivor, gives a new perspective that challenges the status quo. His theory, 'healing through meaning,' known as 'logotherapy,' posits a philosophy that argues that striving for meaning, not pleasure nor power, lies at the heart of our life source. (<https://viktorfranklamerica.com/viktor-frankl-books/>)

Let us together find the courage to plunge into the depths of the fears and the darkness we face, with a flint faced resolve, to carve out meaning from the ugliest of experiences.

¹ Dacres, Sherika Simone "Teacher Burnout: Education's Dirty Little Secret"

Mental Health & Wellness Campaign 2021 - 2022

Let's shape our perceptions together, to chisel our imagination, to see our way to purpose, despite the opposition. I share the lyrics of 'Lift Every Voice,' the African American Anthem, that its words inspire you to forge ahead. [I call you to hope stirring faith for a brighter tomorrow.](#)

I invite you to find miracles all around you! In the smile of your loved ones, another day in the land of the living, that though we can't do everything, we can do something.

Happy holy season to those celebrating religious commemorations at this time.



Blessings!

~

MSB ~

Call the hotline if in crisis: *National Suicide Prevention Hotline* **1 -800 - 273 TALK (8255.)**

Remember our tips for Mental Health & Wellness Try a new tip in the next few weeks.

Remember, reach out to your medical doctor, and spiritual leader if you have one, both of whom may refer you for further support.

- Breathe, deeply; then smile, maybe laugh right out loud, heartily.
- Rest, sleep soundly, slow it on down.
- **Exercise, move, walk, dance even.**
- Eat healthy, well balanced meals & drink lots of water.
- Self care is essential! It's okay to do something good for yourself.
- Support Acknowledge the need to be undergirded to be upheld. Ask for help when you need it.
- **Share your story and dismantle the cloak of secrecy.**
- Start a gratitude journal. Find something for which to be thankful!
- **Serve others.**
- Listen to uplifting music.
- A small garden may refresh the soul.
- Spend time with loved ones, make the time.
- Support of peers is key! Gain strength from those facing similar struggles.