

Suffolk Region

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Report for February 2022

Mental Health & Wellness Awareness 2021 - 2022

February Focus:

Be Free in your Soul
Mind & Body

Love & The Power of Forgiveness 'Let It Go!'

— Mental Health & Wellness Campaign 2021 - 2022

Melanie S. Baker, M. Sc., Special Education
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Unforgiveness becomes like a poison that slowly sucks the life out of you, your health, your wealth, your well-being. It's a silent killer!

Life happens, and it's complicated but we must forgive! Without forgiveness, we will never be made whole, not in our minds, nor in our bodies.

There are strategies in the field of positive psychology that tackle the science behind the power of forgiveness to bring relief to the mental duress and pressure that may plague someone, and lead to a sense of well-being and wholeness.

In our discussion around strategies of wellness, of releasing the petals of hope in our heart; the power of forgiveness, of letting go of hurts, become critical to our journey into wellness, that embraces the entirety of our tri-nature of our humanity, that encompasses our body, spirit, soul - mind, it demands more focused attention from us now more than ever.

I'd like to share an invitation to deep dive into the work of Dr. Noel Gordon, 'You Come First: How to Finally Live the Life You Deserve,' in which he discusses the dimensions of our well-being, which means balance. We continue also to explore Dr. Brene Brown's groundbreaking research, around authenticity and vulnerability, and her use of the term, whole-hearted to describe the journey.

If we truly embrace this new way of living, the commitment to be wholehearted¹, if we are to be made whole in our minds and enjoy true mental well-being, we must wade out into the deep and leave our comfort zone behind.

How incredible to be free, to live free, to let every weight go, and just soar into the heights of the divine purpose of our 'why!' We all have a 'why,' a purpose that will forever be outside

¹ [The Power of Vulnerability](#)

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our reach as long as we live our lives weighed down by unforgiveness, by hurts, by bitterness, and regrets.

As I wish you a Happy Valentine's Day, I invite you to meet my 'why,' my personal miracle!

Joshua's Miracle!

In April 2003, my firstborn son came rushing into this world, way before his time. Born 23 weeks, weighing 1 lb 5 oz, he had less than a 50% chance of survival. Diagnosed with autism, legally blind, developmentally delayed; it seemed all hope eluded me. My husband and I were stunned, shocked really, beyond any sense of the direction in which we should go.

What would life be like for this very special child who lay hold on life and refused to let go? Now, almost 18 years later, he has grown into a force of life! He loves to sing, entertain others, an award winning special olympics equestrian athlete and lover of basketball, he enjoys all things music, dance, and technology.

Life is just too short to miss out on the bigger purpose to our lives, steeped in regret and recrimination. I had to be the difference for my first-born son, by my faith, my husband and I, had to face down death, blindness, negative medical and educational reports, to show him the path to life, to fullness of living, to even sight.

Happy Valentine's Day to you again! I speak life over you and I desire for you that your cup overflows with love! I continue to affirm hope for you of a year filled with possibilities, of that which is good and lovely and new, a year of discovering our purposes, a year of gratitude, of healing, of serving one another, and of forgiveness, of letting go of every unforgiveness.

<https://youtu.be/aJxrX42WcjQ>

Blessings!



MSB

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

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

Remember our tips for Mental Health & Wellness that follows!

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By: Melanie S. Baker, M. Sc. Special Education

1. Breathe, deeply; then smile, maybe laugh right out loud, heartily.
2. Rest, sleep soundly, slow it on down.
- 3. Exercise, move, walk, dance even.**
4. Eat healthy, well balanced meals.
5. Drink lots of water.
6. Self care is essential! It's okay to do something good for yourself.
7. Support Acknowledge the need to be undergirded to be upheld. Ask for help when you need it.
- 8. Share your story and dismantle the cloak of secrecy.**
9. Start a gratitude journal.

Isn't there something for which you can be thankful?

10. Serve others.

11. Listen to uplifting music.
12. A small garden may refresh the soul.
13. Spend time with loved ones, make the time.
14. Support of peers is key! Gain strength from those facing similar struggles.