



# THE NAVIGATOR

## Welcome back!

Enjoyed last month's issue? Well, here is more! *The Navigator* is a monthly newsletter of the ECMC *Navigate Program* that addresses the topics related to mental wellbeing. It is our intention to provide our readers with brief articles, testimonies, and tips on how to establish and maintain good mental health hygiene.

## Did you know April is National Stress



## Awareness Month?

Everyone feels stressed from time to time. It is a natural reaction to difficulties we face in every day life. Stress can also lead to a number of major health problems, ranging anywhere from anxiety to severe depression and from mild acne to life-threatening heart attacks, so it is easy to see why it is so vitally important to keep life's major stressors in check. Since April is National Stress-Awareness Month, we thought the best way to celebrate it would be by creating less stress in our own lives. So, here is a list of 5 positive ways you can keep your own stress levels in check.

1. Make a change! This can be as easy as cleaning off that paper-cluttered desk or taking a short mini vacation.
2. Do something for...YOU! Buy yourself a coffee, take yourself on a date....Be kind to yourself!
3. Save tomorrow for tomorrow...Cherish the 'NOW'!
4. Find something to laugh about! Laughter is truly the best form of therapy. Find a funny cat video, watch bloopers from your favorite movies, look up funny jokes...ANYTHING to get some laughter in your life.
5. Put a positive spin on day! No matter what challenge you may be facing, do your best to think about it positively and then let that new positive mindset become your focal point.

*"We have watched our daughter come to understand her condition and develop skills and strategies to help her be more successful. She has grown to trust and respect that the NAVIGATE team TRULY cares."*

*-Family Member of NAVIGATE Program-*

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# Meditation is Key

With the hectic pace and demands of everyday life, many people are left feeling stressed and over-worked. It often feels like there is just not enough time in the day to get everything done. By using meditation you are giving yourself more time by calming your mind, and becoming more focused. A simple ten or fifteen minute breathing meditation can help you to overcome your stress and find some inner peace and balance.



Oprah has been practicing meditation everyday since she invited meditation teachers to Harpo Studios in 2011 to lead the entire company together in meditation at the beginning and end of the work day.

“That way of being ‘still’ with ourselves—coming back to the center and recognizing that something is more important than you—it’s more important than the work you are doing, brings a kind of energy, an intention that we have never had before.” - Oprah Winfrey



Here at ECMC, we offer a *Breathtaking Group*.

When: Every Tuesday from 1-2pm

Where: Adult, Child & Family Clinic

NAVIGATE Program –Finding your way back to better mental health

EMPLOYEE SPOTLIGHT

Tina

Do you have any pets?

-I do have two Netherland Dwarf Rabbits.

What is your favorite way to relax?

-I pray...walk...and watch *The Wheel of Fortune* (yes , I do!)

Besides working as a psychotherapist, what else do you do?

- I enjoy being a mom & wife and spending time with my family!

Psychiatric  
Social Worker

What went well today?

UPCOMING EVENTS AT OUR CLINIC

Young Adult Group begins Friday, April 20th at 1pm

Breathtaking Group meets every Tuesday at 1pm

Navigate Family Orientation will be on 4/9/2018, 6-7pm

Navigate Monthly Family Meeting will be 4/23/2018, 6-7:30pm.

Clozaril Group meets Tuesdays at 11am JOIN US!

BURNING QUESTION  
of  
THE DAY



NAVIGATE  
Program

462 Grider Street  
Buffalo, NY 14215  
(716) 898-3255  
(press 0)

Office Hours  
M-F 8am-5pm

We accept most major medical plans. Please bring your insurance card with you.

Patients without insurance must be seen by the ECMC Financial Counseling Department before receiving services.

Want to share a thought with us? Contact Jola at [jdzierzyns@ecmc.edu](mailto:jdzierzyns@ecmc.edu) or speak with your counselor.