



Winning Ways to Mental Well-Being



Be Safe | Be Respectful | Be a Team Player | Be Kind

YOUR MENTAL WELLNESS TEAM . . . Beverly Weikel | Mary Louise Fanelli | Stacy Meredith | Marie Groody | Mary Ann Devlin

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At End of the Rainbow

If you were born in March, you are in good company. March is the birth month of Mister Rogers, Dr. Seuss, Albert Einstein, Harriet Tubman, Michelangelo, Vincent Van Gogh, and Jon Bon Jovi, to name a few. The month hosts authors, inventors, a freedom fighter and social activist, sculptors, painters, artists, and entertainers. Creativity, intelligence, integrity, and social conscience in abundance! March babies have certainly changed the world in more ways than one. Yes, March babies have certainly made their mark and if you were born this month, you we are lucky to have you among us. You make us laugh, feel joy, and fill our hearts with hope as well as delight.

The gemstone of March is the aquamarine stone. Blue like the sky and water. The flower of March is the daffodil, one of the first flowers of spring and the chosen flower of the American Cancer Society. Its bright yellow color signifies new beginnings, a bright future and good health. It is considered one of the happy flowers and symbolizes strength. Even standing strong in a late snow shower. Nothing stops it growth and bloom, even growing among weeds and grass covered hills. It is an excellent flower to give as a gift or press to dry.

So, my friends, as George A. Sheehan reminds us: If you want to find the answers to the Big Questions about your soul, you'd best begin with the Little Answers about your body. Like all of us, you see yourself in the mirror every day. But when was the last time you nodded your head in approval of what you saw? Today I'd like to ask you to try something radically different. Look at yourself lovingly and begin to appreciate what you see. Take an inventory of what you like about yourself. Don't criticize or find fault. Today, we are going to discover and appreciate what we see. We are going to give thanks for what pleases us. Celebrate the marvel that you really are. Visualize yourself surrounded by light. This light is love and you are sending it to every cell in your being. Tell yourself lovingly how wonderful you are. Think about an aspect of your personality you like. Write it down in your journal. Do this exercise every day.



Elizabeth Cady Stanton said: Nature never repeats itself, and the possibilities of one human soul will never be found in another. In other words, you are one-of-a-kind. Be proud of it! Make your own imprint this month. Things you might consider doing . . .

- ♣ *Take a spring walk*
- ♣ *Read Dr. Seuss books*
- ♣ *Celebrate Saint Patrick's Day — wear green or try your hand at making Irish soda bread*
- ♣ *Play some Irish music and dance in your living room*
- ♣ *The Spring Equinox, March 21st with a springtime dinner of salmon, fresh asparagus and new potatoes*
- ♣ *Make a wreath with pussy willows for your front door*
- ♣ *This is the month to sow flowers and vegetables; and it's the time to get pansies and primrose*
- ♣ *How many creative excursions have you gone on recently? They don't have to cost a dime, just an investment of time*

It was our good friend and neighbor, Mister Rogers, who said: ***“Play is so important. For kids, and for adults as well! Do what you love.”***

So, my friends, break out your toys and play! If you don't have any, take a trip to the store and buy some. You deserve it. It's time to nurture and enjoy yourself!

This is, after all, the month when miracles come true and rainbows abound. And, may you find that pot of gold within yourself.



As always, your Mental Health Team holds you in our hearts, keeps you in our thoughts, and we wish you well.

YOUR MENTAL WELLNESS TEAM
Beverly, Mary Louise, Stacy, Marie and Mary Ann

