

December can be a stressful time of year. The

holidays, parties and family gatherings can be overwhelming. Add in the colder days and all you feel like is hibernating through winter. Finding time to distress is an important component for healthy living.

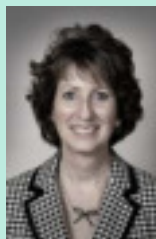
Carve out time in your busy day, even 15-30 minutes, to have some "Me Time".

- Go for a walk,
- Read a book
- Go to the movies
- Cook your favorite recipe
- Take a bubble bath
- Write some poetry
- Listen to music
- Treat yourself to lunch
- Do a puzzle
- Draw or other art activities

"Me time" is for you to identify things you like to do, but don't take the time to do them. Taking time to take care of yourself is important to help with your overall well-being and will assist in making the holiday season much more enjoyable.

- *Lisa Heddens*

NAMI CI Executive Director



Mark it down now! Save the date!

NAMI CI has a date scheduled for our Trivia Night Fundraiser.

Keep Saturday, April 8, 2017 open for Trivia Night!

We can't wait to see you!

Free Services Offered by NAMI Central Iowa

DAILY

Support and activities for persons with mental illness at the Mental Health Wellness Center, Monday to Friday, 1-4PM

WEEKLY

NAMI Connection support group for persons with mental illness

Thursday 2-3:30PM Wellness Center

MONTHLY

Educational meetings featuring local specialists speaking on topics relating to mental health **3rd Tuesday of the month** at 7:00PM (location varies, see events page online)

Support group for family members **4th Thursday of the month** at 7:00PM

YEARLY

Educational classes offered for persons with mental illness and family members

- Family to Family for family members of adults with mental illness
- Peer-to-Peer for adults with mental illness
- Basics for parents and caregivers of children and adolescents with serious mental or emotional disorders

All activities and the office are located at 416 Douglas Avenue, Suites 203/205 in Ames, Iowa

Have questions or need help?

Call or email the office at

(515) 292-9400

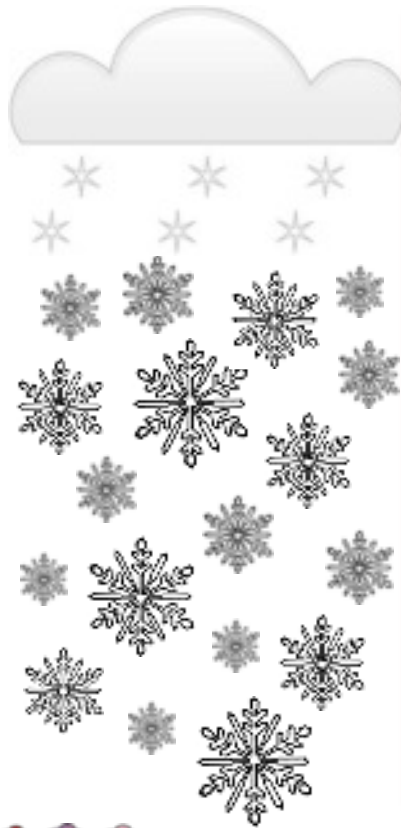
namiofci@gmail.com

namiofci.org



Tips from Mayo Clinic for coping with stress, depression, and the holidays

1. Acknowledge your feelings
2. Reach out
3. Be realistic
4. Set aside differences
5. Stick to a budget
6. Plan ahead
7. Learn to say no
8. Don't abandon health habits



Join us for the Art as Meditation Project

Dates – Tuesday, Dec. 20-Jan. 10

Time – 2:00-3:00 pm

Location – 416 Douglas Ave #203 in Ames

Fee – Donation

Art as meditation is a six-session workshop using art media such as pencil, pen, pastels and paper as a tool in the meditation practice. No experience is necessary for participation.

To register for The Art Experience



NAMI Iowa enters agreement with the Iowa Department of Human Services to manage the Office of Consumer Affairs (OCA)

The purpose of the OCA is to provide the following services:

- Serve as a statewide mental health resource by providing education assistance to people and their families experiencing mental illness.
- Represent the interests of people with Lived Experiences and their families with an emphasis on adults with Serious Mental Illness and family members of a Child with a Serious Emotional Disturbance.
- Provide all services and supports in a culturally competent manner.
- Expand the voice of people receiving mental health services and their families by using their experiences encountered in the course of treatment and in their daily lives to contribute to mental health and disability services policy and planning.
- Help people obtain accurate information regarding Iowa's mental health services.

The OCA has a dedicated toll-free line, 1-855-OCA-Iowa (622-4692). We encourage all of you to refer individuals with concerns to this number.

Get to know NAMI On Campus and its president, Hannah Nehring

Hannah Nehring is not only the president of NAMI on Campus. She's also a NAMI CI board member and a senior at Iowa State University who is majoring in psychology and criminal justice.



What is NAMI On Campus?

NAMI on Campus (National Alliance on Mental Illness) is an organization dedicated to addressing mental health issues on Iowa State's campus by providing resources for students, educating the campus community, and raising mental health awareness.

Why are you a part of On Campus?

I am a part of NAMI on Campus because I believe it is important for students to be connected to others with similar interests and backgrounds. Sharing experiences with each other allows students to feel more accepted and included.

What do you hope to bring as the president of On Campus?

As president of NAMI on Campus, I hope to start the conversation. I hope to open someone's eyes to mental health issues and to help them gain a new perspective.

What do you like to do when you're not advocating?

When I'm not participating in activities with NAMI on Campus, I enjoy doing yoga and watching documentaries.

Are you a part of any other groups or organizations at ISU?

I am a cadet in the Army ROTC program, and I am a member of the Honors program, Psychology Club and Habitat for Humanity Club.

What are some of the events that On Campus has offered?

NAMI on Campus has had speakers present on how to increase your general well-being, how to reduce stress, and resources offered at Student Counseling Services. On October 27th, we are having a speaker talk about ADHD on college campuses. We are also starting dorm floor presentations where we discuss perceptions and stigma associated with mental health.

How can students join?

Students can join by emailing isunamioncampus@gmail.com. You don't have to be a member to attend the meetings/presentations. Anyone is welcome to join.

Is there a way that those who are not students can contribute to On Campus? How?

Individuals who are not students are more than welcome to attend our meetings and presentations as well. However, most of our discussions are tailored to students.

What would you say to those considering NAMI On Campus?

For those considering NAMI on Campus, please give it a try. Please take the chance to meet other students who have shared interests.





NAMI Central Iowa
 416 Douglas Ave Suite 203
 Ames, Iowa 50010

Change Service Requested

December 2016 Newsletter

The NAMI-CI newsletter is published six times a year by NAMI Central Iowa ([NAMI-CI](#)). NAMI-CI is dedicated to improving the lives of individuals and families affected by mental illness. Our mission is to provide them with [support](#), [education](#), and [advocacy](#).

NAMI-CI is a [United Way](#) partner agency and is an affiliate of [NAMI Iowa](#) and of NAMI, the [National Alliance on Mental Illness](#).



To make changes to your contact information, to receive your newsletter by email, or if you no longer wish to receive the NAMI-CI newsletter, email or phone the NAMI-CI office at namiofci@gmail.com or 515-292-9400.

Becoming a member of NAMI-CI is easy. Just complete this form and mail with appropriate dues to:

NAMI-CI
 416 Douglas Ave Suite 203
 Ames, IA 50010

Membership Dues

<input type="checkbox"/> Family/Individual	\$ 35.00*
<input type="checkbox"/> Limited Income	\$ 3.00
<input type="checkbox"/> Extra donation	\$ _____

*Includes \$15 Local/\$10 State/\$10 National

Member Information

Name _____

Address _____

Phone _____

Email _____

Check here to receive newsletter by email

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 2:00-3:30 - Connections	2 1:00-2:30 – Art with Wendie	3
4	5 1:00-4:00 – Make decorations for the tree	6 2:00-3:00 - Art as Meditation 3:00-4:00 - Writing	7 1:00-4:00 – Terri talks recovery	8 2:00-3:30 – Connections	9 1:00-4:00 – Free Art Day!!	10
11	12 1:00-4:00 – Game Day	13 2:00-3:00 – Art as Meditation 3:00-4:00 - Writing	14 2:00-3:00 – Terri tries to teach Tai Chi	15 2:00-3:30 – Connections Family Support Group	16 1:00-4:00 – Knitting with Janet	17
18	19 1:00-4:00 – Cookie decorations with Kathy	20 2:00-3:00 – Art as Meditation 3:00-4:00 - Writing	21 1:00-4:00 – Wii Day	22 2:00-3:30 - Connections	23 1:00-4:00 – Christmas Party	24
25	26 Closed for Christmas	27 2:00-3:00 – Art as Meditation 3:00-4:00 - Writing	28 1:00-4:00 – Decorate for New Year’s!!	29 2:00-3:30 - Connections	30 1:00 4:00 – New Years Party	31
<p>Scheduled activities are subject to change. Closed for winter weather when Ames Public Schools are closed. Questions? Contact the Coordinator 515-292-9400 or namiwellness@gmail.com</p>						

EVENTS

1. Art for Meditation will be taught by Sam Erwin, she is from Des Moines and is an art therapist amongst other things she does... Please welcome her!!!
2. Rik Shannon will be at the library in January to discuss speak with your legislator.