



PEOPLE IN PROGRESS

Fall 2006
Vol. 3
Issue 1

Welcome to this edition of People In Progress. This Newsletter is written for Consumer/Survivors by Consumer/Survivors. This year's edition focuses on "Whole Health".

It was compiled by a variety of people who have allowed us the opportunity to share in their journey towards wellness. This is expressed through a variety of concepts from exercise to poetry to the value of peer support and shared community.

To those who have contributed, we are grateful that they were willing to share their experiences, gifts and hopes with us.

The purpose of this newsletter is to provide an opportunity for information exchange, a venue for Consumer/Survivors and to help identify available resources to those living in the area. This issue has passed through many hands along the way to its final copy. I would like to thank all those involved with the Project, the contributors, workshop participants, and you the reader.

Although not all submissions could be included in this issue, a file has been retained for future consideration. Future publications may appear in a different format, depending on reader participation, contributions and available resources.

Jim Lonie

"The human body is the only machine that breaks down when we don't use it."

Keith W. Sehnert

CSDP Interview with Steve McNall

Exercise helps your mental health

Please tell us a little about yourself?

STEVE: I have a diagnosis of Schizophrenia and am living in "Recovery". I have a strong Varsity sports background. While in High School I was a member of two All-Ontario championship teams. I studied Recreation Facilities Management at Seneca College. I now work as a Social Recreation/Rehabilitation worker at Union Place.

What role has "exercise" played in helping you maintain you're Mental Health?

STEVE: It has played a huge role for me personally. By keeping active I can maintain more of a feeling of well-being. For me, it was better to get out and exercise than to sit inside and maybe dwell on a situation or symptoms and possibly allow it to lead into more destructive habits. Being a participant or a leader gave me a sense of accomplishment. A supportive social group gave a feeling of belonging and contribution. With regular exercise my symptoms are lessened and I feel less anxiety.

What types of exercise has been the most helpful to you?

STEVE: I always warm-up with a gentle stretching of all the muscle groups. I also use Progressive Relaxation techniques that work these groups and gently relieve stress. This can be accompanied by relaxing music and/or lead by an instructor. Deep breathing can be added to oxygenate the body and increase lung capacity. I get the most out of the more intensive workouts, where I perspire, release endorphins and gain a good feeling.

Do you have any final thoughts about the value of Exercise and Mental Health?

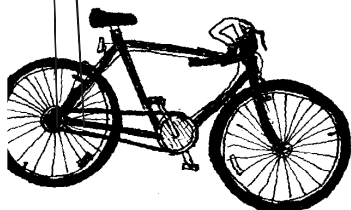
STEVE: I believe that any exercise should be encouraged as a component for maintaining good mental health. A short walk could be that fresh air diversion that may stop you from a negative thought or a bad feeling for the day. A small positive life style change can accumulate into big benefits over time for people living with a mental illness.

NB—Please check with your doctor before beginning any exercise program.

Visit the Mental Health Resource Library at 1139 2nd Ave. East in Owen Sound

Mental Health Resources

CDs help you gear down for relaxation



Mindfulness Meditation:
Jon-Kabat-Zinn PhD.

Finding Serenity in the Age of Anxiety: Robert Gerzon

Consumer Survivor Development Project

1139 2nd Ave. E
Owen Sound ON
N4K 2J1
PH: (519)371-4582
Fax: (519)371-8631
Email: csdp@gbchc.org

We're on the
web
www.mhagb.ca

New perspectives help you unwind, rewind and tune in

A Broken Clock is Right Twice a Day

A Broken Clock
Is right twice a day
For all souls
The time comes around
Patience is there
Hand in hand with faith
Fate is soon to favor
To lend help toward where you're bound

The Sun is in the
Same location twice a day
For all looking comes
The time you arrive at a find
We're here with high hopes
Sure of that we will find a way
The horizon spreads open
And the long shadow creeps back behind
Randy B.

Hope

"Hope is the desire accompanied by confident expectation. Having a sense of hope is the foundation for ongoing recovery from mental illness. Even the smallest belief that we can get better as others have can fuel the process"
www.mhrecovery.com/definition.htm

Suggested Reading:

- **1001 Ways To Relax-**
Mike George
- **Mindful Recovery-**
Thomas Bein PhD
- **Free to Fly-**A Journey Toward
Wellness-Judit Rajhathy
- **The Everything Get Out of
Debt Book-**Cheryl Kimball
- **Lighten Up-**
C.W. Metcalf
- **Self Matters-**
Dr. Phil McGraw

These books are available at the Mental Health Resource Library, 1139 2nd Ave. E., in Owen Sound.

People in Progress

Consumer/Survivor
Development Project

Staff:

- Cheryl Jackson,
Project Assistant
- Jim Lonie,
Project Coordinator

CSDP Interview with Allan Strong

Peer support helps build community

How would you define Peer Support?

ALLAN: The opportunity to get together with others who have similar life experiences to share, to offer support and to have community.

Why is Peer Support a valuable component in "Recovery"?

ALLAN: As above, to learn and to be challenged by those who have "been there"? It is also important to have and develop that sense of community.

Do you see Peer Support playing a more important role for Consumer/Survivors in the future?

ALLAN: Absolutely, peer support is a vital tool to help build and strengthen community.

Allan Strong is the Coordinator of the Self-Help Alliance (Waterloo-Wellington Dufferin Regions)