

Taking On Spring Cleaning

By: Saidah Murphy

Once a year, hundreds of people across the country participate in the century long tradition of spring cleaning. Houses are turned upside down, and purged of all of the junk, dirt, dust, and germs that have accumulated over the past year, especially during the winter months. While this task can be a great way to jumpstart the new season, it can also be a daunting task. Here are a few tips to help you tackle your spring cleaning this year.

Create a checklist

Checklists are a great way to keep track of everything that needs to get done during your spring cleaning. Breaking lists into rooms, types of tasks, or time duration will help you stay organized and not get overwhelmed with all of the things that need to get done.

Take on one room at a time

Spring cleaning doesn't have to take place in one day; and realistically should not. Taking on one room at a time helps ensure that each room is cleaned, decluttered, and organized thoroughly. Make a schedule, and tackle one room per day, or per weekend, and you'll be done with your spring cleaning in no time.

Follow a cleaning challenge

Websites, like Pinterest, have tons of "Cleaning Challenges" that you can follow if you're having trouble creating your own schedule. Find a challenge that fits your cleaning needs and availability, and you'll fly through your spring cleaning tasks.

Clean with friends

It's always great to have an accountability partner to help keep you motivated and on track with your spring cleaning tasks. Gather your friends and family, and work together to get through your tasks list, or challenge them to see who can finish first.

Spring Cleaning is not just beneficial for your home, but also for your mental wellness. Summer/Fall months can be hectic, but knowing that you have a clean, decluttered, and organized home as a base can ease some of that stress.



Do You Have Allergies?

By: Jill Phillips

The human body can defend itself against harmful invaders such as viruses or bacteria, but sometimes the defenses are too aggressive and harmless substances such as dust, molds or pollen are mistakenly identified as dangerous. The immune system then rallies its defenses, which include several chemicals to attack and destroy the supposed enemy. In the process, some unpleasant and, in extreme cases, life-threatening symptoms may be experienced in the allergy-prone individual. An allergic reaction may occur anywhere in the body but usually appears in the nose, eyes, lungs, lining of the stomach, sinuses, throat and skin. These are places where special immune system cells are stationed to fight off invaders that are inhaled, swallowed or come in contact with the skin.

Allergic rhinitis (Hay Fever) is a general term used to describe the allergic reactions that take place in the nose. Symptoms may include sneezing, congestion, runny nose, and itching of the nose, the eyes and/or the roof of the mouth. When pollens or outdoor molds trigger this problem, during the spring, summer or fall, the condition is often called "hay fever." When the problem is year-round, it might be caused by exposure to house dust mites, household pets, indoor molds or allergens at school or in the workplace.

You should see an allergist if:

1. Your allergies are causing symptoms such as chronic sinus infections, nasal congestion or difficulty breathing.
2. You experience hay fever or other allergy symptoms several months out of the year.
3. Antihistamines and over-the-counter medications do not control your allergy symptoms or create unacceptable side effects, such as drowsiness.

5 Ways to Boost your Self-Esteem

By: Peter Field

The Winter months can cause some to feel sluggish and depressed. The grey, cold weather can take a huge toll on one's self-esteem, which can cause issues in other areas of life. Here are five tips to boost your self-esteem, and come out of the winter funk:

1. Model Confident People

Noticing what confident people do, how they speak, the ways they behave, can provide vital clues to finding self-esteem inside yourself. Who is the most confident person you can think of? When you have them firmly in your mind, ask yourself these questions: how do they hold their shoulders? How do they stand? How do they walk? What clothes do they wear? How do they behave when with other people? What sort of things do you imagine they say about themselves? And if they were in your situation, what would they do?

This questioning goes far beyond "fake it till you make it" - it links us into the answers already inside us. Once you have a list of what that confident person would do, go ahead and model this behavior. Try it on for a few hours, a day, even a few days. Notice how everything you do, and the events around you, begin to change on their own.

2. Advertise Yourself

When you have to convince someone else about your strengths, it can have a fantastic effect on your self-esteem. Sitting down and really thinking about all your skills, gifts and talents is a wonderful reminder of all the good things about being you. Try writing an advertisement selling yourself as the perfect partner, house mate, friend, etc., with a full description of why anyone would be lucky to have you around. Don't be afraid to blow your own trumpet. This isn't an exercise in modesty, but in self-esteem.

3. Work On Your Resume.

Resumes are all about convincing someone to hire your time and your expertise. Giving your resume a regular update can also give your self-esteem a great boost. Alternatively, update your Facebook profile. Strange as it sounds, there is now research from Cornell University in New York to prove that people who view their Facebook profiles more regularly have better self-esteem. You get to go back and view your clever status updates, your significant dates and events, and photos of good times.

4. Say Positive Things About Yourself

Saying positive things about yourself, to yourself or others, is important. What we say about ourselves reveals a lot about our level of self-esteem. When we rehearse only what we do wrong, or don't like about ourselves, our brain builds neural pathways for these conversations, till eventually negative self-talk is practically automatic.

If you are not used to talking about yourself in a positive way, you will simply have to learn how. Keep practicing, choose a few nice things to say or think about yourself and use them as a mantra every day. It can be something you are proud of about yourself, or positive things you remember others saying about you in the past. The more you repeat this, the easier the behavior will become as your nervous system will build more neural connections to this positive self-talk, and less to the negative self-talk.

5. Is It You, Or Is It Them?

The people who surround us, at home, at school, at work, or in social settings, can have a huge impact on our self-esteem. Either they will support us, making us feel better about ourselves, or their negativity will bring us down emotionally. This may not be intentional. Some people just seem to notice what's wrong more than on what's right.

If you find there are people in your life who make you feel bad about yourself, you need to make a decision. Can you counteract the effect they are having with you? Or do you need to do some pruning?

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- Accessing Services
- Finding a Provider or Doctor
- Finding Community Resources
- Self Determination
- Recipient Rights
- Grievances & Appeals Process

Call us if you need help
24 hour a day / 7 days a week
1-888-711-LINK (5465)
(313) 656-2587
(TDD line for the hearing impaired)

BHPI Calendar of Events

MARCH

March 20

Community Mental Health
Annual Community Breakfast
8-11:30 am
(517) 346-8238

APRIL

April 29

The Guidance Center
Downriver Dash
(734) 785-7700

MAY

May 18

BHPI
Mental Health Matters
Eastern Market, Shed 5, Detroit
4pm-7pm
(313) 656-0000



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