



February 2024

NEWSLETTER



Mental Health is Love

Nurturing Mental Health through Love: A Powerful Connection

Mental health and love are two intertwined aspects of our lives. Love, in its various forms, plays a significant role in nurturing our mental well-being. In this blog, we will explore how love, whether it be self-love, romantic love, or love from friends and family, can positively impact our mental health.

1. Self-Love:

Self-love is the foundation of mental well-being. It involves accepting ourselves, being kind to ourselves, and prioritizing our needs. When we love ourselves, we develop resilience and a positive mindset, which helps us navigate life's challenges.

2. Romantic Love:

Romantic love can bring joy, companionship, and emotional support. A loving and supportive partner can provide a safe space for vulnerability, reducing feelings of loneliness and boosting self-esteem. Love can also promote happiness and reduce stress, improving overall mental health.

3. Love from Friends and Family:

Love from friends and family provides a sense of belonging and social support. Having a support system can help alleviate feelings of anxiety and depression. It allows us to express ourselves freely, seek advice, and receive emotional validation, ultimately enhancing our mental well-being.

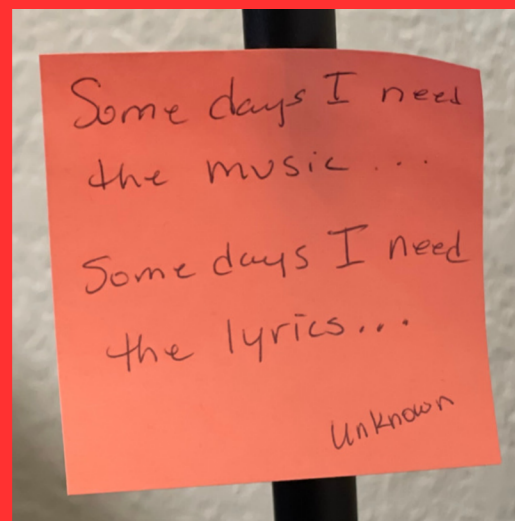
Love, in all its forms, has a profound impact on our mental health. It nurtures our emotional well-being, promotes resilience, and provides a sense of belonging. Cultivating self-love, embracing romantic love, and cherishing the love from friends and family are essential steps towards maintaining a healthy mind. Let us remember that love is a powerful tool that can positively influence our mental health and contribute to a happier and more fulfilling life.

What's Love Got to do With It?



Studies have found a connection between having experiences of love and psychological well-being later in life. Loving relationships, including sexual or romantic connections, can even lead to a significant reduction in depressive symptoms, and can play a vital part in the well-being of aging adults.

Bonnie's Note



Twin Rivers staff attends 36th Annual C.A.R.E. Ball...The Royal Ruby Jubilee!



Pictured L to R: Judy E., Tanya V., Wendy S., Amber J., and Jessica N.



Pictured L to R: Karen McElhane, Executive Director of C.A.R.E., Wendy Silva, Lead Therapist, Twin Rivers Pathways Jessica Nickola, Director of Twin Rivers Pathways & Life Improvement Program

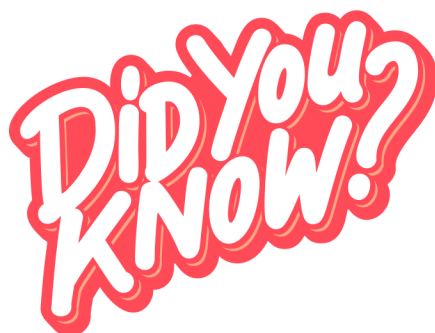


Meet Our Program Coordinator, LIP



Theresa Hartfield,
Program Coordinator, LIP

Theresa Hartfield received an A.A. in Medical Administration in 1989. Since then, Teri, as she is affectionately known, has worked many jobs in the healthcare field and has plenty of experience with bedside care, phlebotomy, EKGs, and assisting with pre and post op care. For the last fourteen years, Teri has worked in the Behavioral Health department at Desoto Memorial Hospital as a Program Coordinator/MH Tech. Teri's role as Program Coordinator for the Life Improvement Program (LIP) is her most rewarding. One of her many responsibilities is the transportation of patients. Picking up and dropping off patients is one of the duties Teri loves. She says, "I sometimes meet patients who are at their lowest but then I get to see the progress they make. That's how I know the program works"



- February is Black History Month
- February is International Boost Self-Esteem Month
- February 16-23, 2024 is Random Acts of Kindness Week



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