



MAY 2023

What's Happening?

- Nyra PSR and offices will be closed Monday, May 29th for Memorial Day.
- PSR (Psychosocial Rehabilitation) offers a community atmosphere where consumers may participate in recovery-oriented educational, recreational and vocational activities.

Groups

- CBT
- Illness Management & Recovery
- ITCDD Support
- Mindfulness
- Living with Anxiety

All of our groups and activities address various aspects of mental illness awareness and recovery!

What's on your mind? Leave a suggestion in the suggestion box located in the office lobby and at Nyra or let a staff member know.

We want to hear from you!

Interesting May Facts!

May is likely to have been named after the Roman goddess Maia, who oversaw the growth of plants

Friday the 5th is May's full moon and is sometimes called the "Flower Moon"

Don't forget Mother's Day is May 14th!

5 FOODS LINKED TO BETTER BRAINPOWER

GREEN VEGGIES



1. Leafy greens such as kale, spinach, collards, and broccoli are rich in brain-healthy nutrients like vitamin K, lutein, folate, and beta carotene. Research suggests these plant-based foods may help slow cognitive decline.

FATTY FISH



2. Fatty fish are abundant sources of omega-3 fatty acids, healthy unsaturated fats that have been linked to lower blood levels of beta-amyloid — the protein that forms damaging clumps in the brains of people with Alzheimer's disease.

BERRIES



3. Flavonoids, the natural plant pigments that give berries their brilliant hues, also help improve memory, research shows.

TEA + COFFEE



4. Coffee and tea might offer more than just a short-term concentration boost. In a recent study, participants with higher caffeine consumption scored better on tests of mental function.

WALNUTS



5. Nuts are excellent sources of protein and healthy fats, and walnuts in particular might also improve memory, according to a study.

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MAY IS MENTAL HEALTH AWARENESS MONTH

Together for Mental Health

Nyra Calendar of Events: May 2023

Mon	Tue	Wed	Thu	Fri
<p>1 8:30 Morning Social</p> <p>9:00 ITCD Support: Smart not Strong</p> <p>10:00 Mindfulness: Fundamentals</p> <p>10:30 Monday Merriment</p>	<p>2 8:30 Morning Social</p> <p>9:00 CBT: Activate Yourself</p> <p>9:30 Ted Talk: “What if Mental Health Workers Responded to Emergency Calls” L. Herod</p> <p>12:30 Walmart</p>	<p>3 8:30 Morning Social</p> <p>9:00 IM&R: Anxiety Management</p> <p>10:00 Crafting with Susan</p> <p>10:30 Bingo</p>	<p>4 8:30 Morning Social</p> <p>9:00 Living with Anxiety</p> <p>9:30 Thursday Morning at the Movies, “Mozart and the Whale”</p> <p>11:00 Games and Social</p>	<p>5 8:30 Morning Social</p> <p>9:00 Life Skills</p> <p>10:00 Tournament: Dice, Yahtzee</p>
<p>8 8:30 Morning Social</p> <p>9:00 ITCD Support: Defining Spirituality</p> <p>10:00 Mindfulness: Mindful thinking</p> <p>10:30 Monday Merriment</p>	<p>9 8:30 Morning Social</p> <p>9:00 CBT: Self Esteem Log</p> <p>9:30 Ted Talk: “Your Body Language May Shape Who You Are” Amy Cuddy</p> <p>10:30 Karaoke Hour</p>	<p>10 8:30 Morning Social</p> <p>9:00 IM&R: Stress Vulnerability Model</p> <p>10:00 Crafting with Susan</p> <p>10:30 Bingo</p>	<p>11 8:30 Morning Social</p> <p>9:00 Living with Anxiety</p> <p>9:30 Thursday Morning at the Movies, “The Soloist”</p> <p>11:00 Games and Social</p>	<p>12 8:30 Morning Social</p> <p>9:00 Life Skills</p> <p>10:00 Tournament: Cards, Texas Hold’em</p>
<p>15 8:30 Morning Social</p> <p>9:00 ITCD Support: Managing Life</p> <p>10:00 Mindfulness: Mindful movement</p> <p>10:30 Monday Merriment</p>	<p>16 8:30 Morning Social</p> <p>9:00 CBT: Filtering/Black and White Thinking</p> <p>9:30 Ted Talk Tuesday “The Gift and Power of Emotional Courage” Susan David</p> <p>12:30 Walk in the Park</p>	<p>17 8:30 Morning Social</p> <p>9:00 IM&R: Understanding Causes of Mental Illness</p> <p>10:00 Crafting with Susan</p> <p>10:30 Bingo</p>	<p>18 8:30 Morning Social</p> <p>9:00 Living with Anxiety</p> <p>9:30 Thursday Morning at the Movies, “The Perks of Being a Wallflower”</p> <p>11:00 Games and Social</p>	<p>19 8:30 Morning Social</p> <p>9:00 Life Skills</p> <p>10:00 Tournament: Washer toss (outdoors?)</p> <p>11:00 Special Meal: Pizza social!</p>
<p>22 8:30 Morning Social</p> <p>9:00 ITCD Support: Managing money</p> <p>10:00 Mindfulness: Mindful meditation</p> <p>10:30 Monday Merriment</p>	<p>23 8:30 Morning Social</p> <p>9:00 CBT: Overgeneralizations/ Jumping to Conclusions</p> <p>9:30 Ted Talk Tuesday “What You Can Learn from People Who Disagree With You” Shreya Joshi</p> <p>12:30 Shopping: Walmart</p>	<p>24 8:30 Morning Social</p> <p>9:00 IM&R: Understanding Treatment</p> <p>10:00 Crafting with Susan</p> <p>10:30 Bingo</p>	<p>25 8:30 Morning Social</p> <p>9:00 Living with Anxiety</p> <p>9:30 Thursday Morning at the Movies, “Benny and Joon”</p> <p>11:00 Games and Social</p>	<p>26 8:30 Morning Social</p> <p>9:00 Life Skills</p> <p>10:00 Tournament: Pool</p>
<p>29</p> <p style="text-align: center;">Closed for Memorial Day</p>	<p>30 8:30 Morning Social</p> <p>9:00 CBT: Catastrophizing/ Personalization</p> <p>9:30 Ted Talk Tuesday “The History of Human Emotions” Tiffany Smith</p> <p>12:30 Community</p>	<p>31 8:30 Morning Social</p> <p>9:00 IM&R: Reducing Symptoms/Relapse</p> <p>10:00 Crafting with Susan</p> <p>10:30 Bingo</p>		