

MONTHLY UPDATES FROM GUILD'S COMMUNITY SUPPORT PROGRAM



# **GUILD CSP**



**OMG!**

## **MAY IS MENTAL HEALTH AWARENESS MONTH**

THIS MONTH, WE SHINE A LIGHT ON THE IMPORTANCE OF MENTAL WELL-BEING AND THE POWER OF CONNECTION, SUPPORT, AND UNDERSTANDING. MENTAL HEALTH IS JUST AS IMPORTANT AS PHYSICAL HEALTH, AND IT'S SOMETHING WE ALL HAVE. LET'S WORK TOGETHER TO BREAK THE STIGMA, SHARE RESOURCES, AND REMIND EACH OTHER: IT'S OKAY TO ASK FOR HELP.

**"THERE IS HOPE, EVEN WHEN YOUR BRAIN TELLS YOU THERE ISN'T." - JOHN GREEN**

# UPCOMING EVENTS/CLASSES

## DINNER CLUB

AT PORTILLO'S IN WOODBURY. **MUST**  
**RSVP** \$\$

WEDNESDAY,  
MAY 7<sup>TH</sup>

## MENTAL HEALTH SKILLS GROUP

A SUPPORTIVE SPACE TO LEARN AND PRACTICE  
TOOLS FOR MANAGING EMOTIONS, BUILDING  
RESILIENCE, AND FOSTERING WELL-BEING  
TOGETHER.

MONDAYS,  
MAY 5<sup>TH</sup> +  
19<sup>TH</sup>

## ART WITH JENNIFER

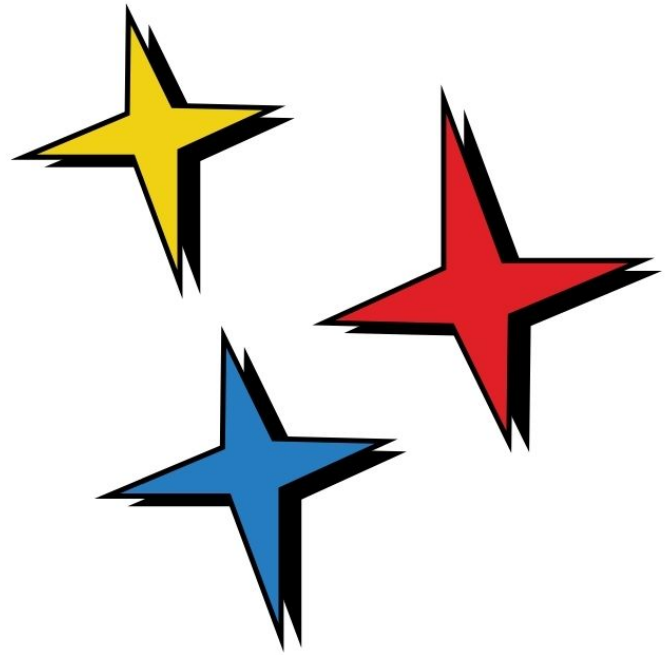
CONTINUED OPEN ART SESSIONS.

FRIDAYS,  
MAY 2<sup>ND</sup>, 9<sup>TH</sup>  
16<sup>TH</sup>, + 30<sup>TH</sup>





# EMOTION REGULATION SKILL: "STOP" POP UP DBT SKILLS TRAINING



**S**

WHEN YOU FEEL THAT YOUR EMOTIONS SEEM TO BE OUT OF CONTROL, STOP! DO NOT REACT. FREEZING FOR A MOMENT HELPS PREVENT YOU FROM DOING WHAT YOUR EMOTIONS WANT YOU TO DO (WHICH IS TO ACT WITHOUT THINKING). STAY IN CONTROL.

**T**

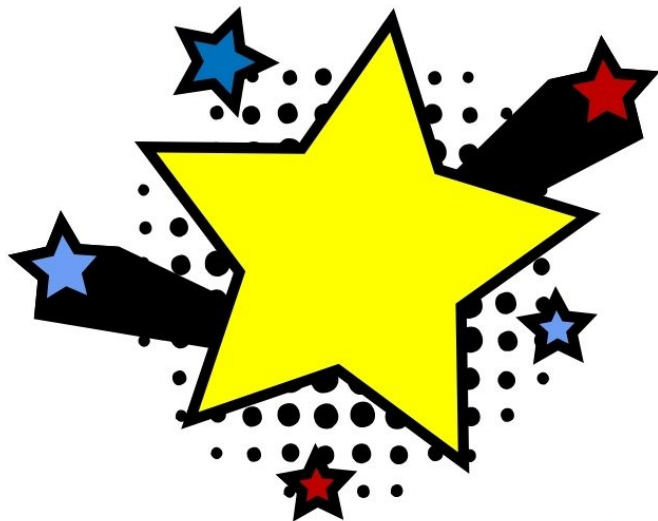
GIVE YOURSELF SOME TIME TO CALM DOWN AND THINK. TAKE A STEP BACK FROM THE SITUATION. TAKE A DEEP BREATH AND CONTINUE BREATHING DEEPLY AS LONG AS YOU NEED AND UNTIL YOU ARE IN CONTROL.

**O**

OBSERVE WHAT IS HAPPENING AROUND YOU AND WITHIN YOU, WHO IS INVOLVED, AND WHAT ARE OTHER PEOPLE DOING OR SAYING. LISTEN TO THE AUTOMATIC NEGATIVE THOUGHTS THAT OCCUR. REMEMBER THOSE ARE BASED ON AN OUTDATED BELIEF SYSTEM.

**P**

ASK YOURSELF, "WHAT DO I WANT FROM THIS SITUATION?" OR "WHAT ARE MY GOALS?" STAY CALM, STAY IN CONTROL, AND WHEN YOU HAVE SOME INFORMATION AND HOW THAT MAY IMPACT YOUR GOALS, YOU WILL BE BETTER PREPARED TO DEAL WITH THE SITUATION EFFECTIVELY.



# COOKING WITH DIANE

## ARTICHOKE DIP

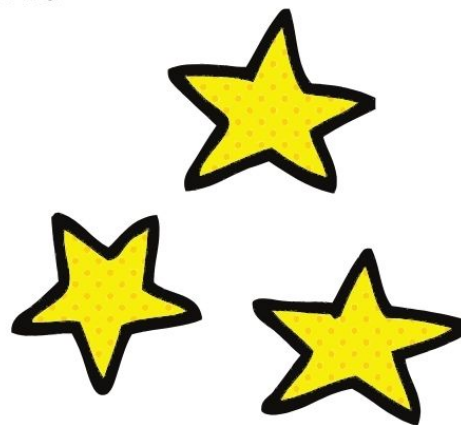
THIS IS ONE OF MY FAMILY'S FAVORITE APPETIZERS, MY MOTHER LOVED ADDING SHRIMP. THIS IS ALSO A FAVORITE FROM OUR CSP POTLUCK AND I HAVE PROMISED TO SHARE THE RECIPE. ENJOY!

### INGREDIENTS

- 1 (14 OZ.) CAN OF ARTICHOKE HEARTS, DRAINED + CHOPPED (DO NOT USE MARINATED ARTICHOKE HEARTS)
- ½ CUP OF PARMESAN CHEESE
- ½ CUP OF SHREDDED CHEDDAR CHEESE
- 1 CUP OF MAYO
- 8 OZ. OF SHREDDED MOZZARELLA CHEESE
- 1 TSP. OF GARLIC SALT OR POWDER
- 1 TBSP. OF PARSLEY FLAKES

### DIRECTIONS

1. MIX ALL OF THE INGREDIENTS TOGETHER
2. SPREAD IN A CASSEROLE DISH AND BAKE AT 350 DEGREES FOR 25-30 MINUTES - KEEP WARM



### NOTES:

SERVE WITH VEGETABLES AND/OR CRACKERS - I RECOMMEND NUTTY WHEAT THINS.

TO DOUBLE THIS RECIPE, DOUBLE THE INGREDIENTS AND BAKE IN A 9X13-INCH PAN - BEST IF KEPT WARM.

LOW FAT INGREDIENTS MAY BE USED.