

Aging Well Newsletter

Lutheran Counseling Services



Be the one to ask!

May is mental health awareness month. This month we remember that our mental health is just as essential to think about and care for as our physical health. We take stock of our wellbeing and ask ourselves questions about how well we are doing in prioritizing our mental health. Just as important as checking in with yourself on how you're doing is asking those around you.

There has been a lot going on in the world around us in the past year. Challenging events have led to all of us feeling extra weight on our shoulders. Frankly, it's easy to get a bit fed up. Even as a counselor with years of

personal and professional experience of the right things to say and do, sometimes I have to crawl under my covers and just hide out for a little while. And if we know this is what's happening for us, it stands to reason our friends and family and coworkers and that guy at the check-out counter is going through this too. That is why this month Lutheran Counseling Services encourages others to take time to **ask** how those around us are handling life. When we ask how people are doing we create a safe place for them to relieve some pressure and in turn part of their burden. And when we ask others how they are doing, we are being of service which allows us to feel relief as well.

"Sometimes all a person wants is an empathetic ear; all he or she needs is to talk it out. Just offering a listening ear and an understanding heart for his or her suffering can be a big comfort." — Roy T. Bennett

AGING WELL

TRY THIS TIP!

Mental Health Check-In

Ask yourself these questions: What am I feeling right now? How is this feeling affecting my body? What can I do today that will help my mental health? Then reach out to a friend and ask them the same questions!

Services to help!

LCS is currently offering in-person therapy sessions to residents of the Plymouth on Tuesdays from 11-3, free of charge. We also offer an on-call service Monday-Wednesday from 3pm-5pm. The on-call service offers free 15 minute consultations with a therapist at (407) 644-4692 ext. 5. LCS has created video resources for our older-adult program on our website. We have guided meditation videos, self-care tips, and at home recreational therapy activities, in addition to other awesome resources. Go to <https://lcsfl.com/lcs-response-to-covid-19/page.html> or 'like' us on Facebook to see these resources. We are always here and happy to help however we can!

One way to check in with family or friends is to send a postcard letting them know you are thinking of them. We want to make this easy for you! Follow these easy steps to get a kit of three stamped postcards to mail out:

1. Fill out the form below.
2. Receive your FREE kit in the mail.
3. Write a personal message on the card.
4. Address it to your family or friends.
5. Drop it in the mail!

Let's spread some hope during Mental Health Awareness Month!
<https://forms.gle/GXM5HTkXM31nBFm38>

MAY BRAIN GAME!

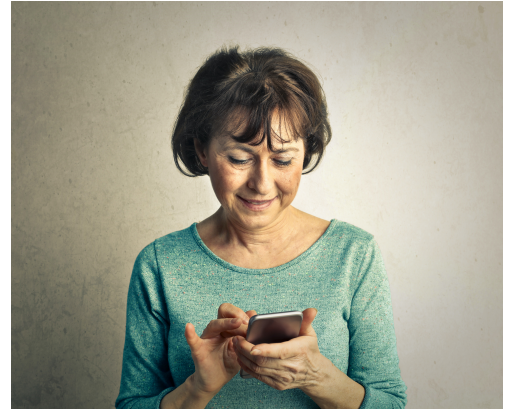
8		7			4			9
1		9	8		2	3		7
	3	5			7	4		6
6		4	7	8		9	3	
9		3			1		7	
7	8				3	1	4	
	7	1	4		9	8		3
4	2		3	7	6		9	1
3	9		1		8	7		4

Sudoku puzzles require you to find the missing numbers in a 9 by 9 grid, with that grid itself divided into 9 square grids of 3 by 3.

You can't just add any numbers, though. There are rules that making solving the puzzle challenging.

A number can only occur once in a row, column, or square.

To solve a Sudoku, look for open spaces where its row, column and square already have enough other numbers filled in to tell you the correct value. The more squares you fill in, the easier the puzzle is to finish!



Lutheran Counseling Services, Inc. is a non-profit organization. To support our mission to make mental health support more accessible, go to:
<https://lcsfl.com/how-to-help/>

