

## Respect Yourself!

### 5 Tips to Have a Happy Holiday Season



**1. Focus on what you can control.** Control what you can to take care of your physical and mental health. If you're feeling stressed, please try to reach out to someone that is a support to you in your daily life.

**2. Keep healthy habits.** It's important to keep healthy habits in place. This may include going on a daily walk, getting a good night's rest or staying hydrated. Taking care of your physical health can help stabilize your mood, reduce feelings of stress and anxiety, and improve long-term mental wellbeing.

**3. Make time for yourself.** Spending time with family or friends and/or feeling socially isolated or alone can be overwhelming. If you need a moment to yourself, try sneaking away to a quiet room or going for an early morning walk.

**4. Create new traditions.** Create brand new traditions that work for you and prioritize your mental wellbeing such as taking a moment for yourself to breathe and/or stretch.

**5. Ask for help if you need it.** If you are feeling especially sad, stressed, anxious or depressed, ask for support. Talk to someone you trust, a mental health professional or a primary care physician for guidance and support.

Special thanks to Caren Levensohn, LCSWR, Ph. D., Director of Quality Improvement

[www.bridgewaybhs.org](http://www.bridgewaybhs.org) | 877-692-5664

Join Our Online Community!



[www.bridgewaybhs.org](http://www.bridgewaybhs.org)



# Spotlight on Excellence!



## Congratulations to Dionne Long

Dionne Long, Bridgeway PACT 3, has been given the esteemed **Alan Lunt Consumer Advocate Award**

by the New Jersey Psychiatric Rehabilitation Association, Executive Director Kim Higgs

Dionne has been working in the mental health field for 27 years. Dionne consistently goes above and beyond advocating, engaging, and supporting persons served during work hours, as well as outside of work hours. She uses her own time and even her own funds. Nothing stops Dionne from being available when needed, including Covid. Dionne connects with people. They respect her, and persons served request to work with Dionne. They know they can count on her for her knowledge, honesty, compassion and encouragement. She instills self-empowerment and independence to self-advocate, and she will always advocate for them when needed.



## A Special Partnership



On November 1st, the Bridgeway team hosted a Meet and Greet with the team from Neighborhood Health



[www.nhscnj.org](http://www.nhscnj.org)



Bridgeway's HR Dept. (L to R) Tanya Hooks, Shaquana McKoy, Sabine Hammuwid, & Blanca Pastore collected donations to benefit the food pantry at Neighborhood Health



Donations delivered to Neighborhood Health by Bob Edes, COO to (L to R) Andrea Taylor, Clinical Director; Dr. Kerrie Powell, President and CEO; and Loren Artis, Outreach Manager

Bridgeway is happy to partner with Neighborhood Health to provide behavioral health care to patients at both Neighborhood Health locations, in Plainfield and in Elizabeth.

Bridgeway is also getting the word out to persons served by Bridgeway that Neighborhood Health is providing physical health services for all who seek care.

If you would like more information, please call Bridgeway:

**877-692-5664**

Or, you may call one of the Neighborhood Health locations directly:

### NEIGHBORHOOD HEALTH - PLAINFIELD

1700-58 Myrtle Ave, Plainfield, NJ 07063

Telephone (908) 753-6401

Main center and administration building

All services offered at this location

### NEIGHBORHOOD HEALTH - ELIZABETH

184 First Street, 2nd Floor, Elizabeth, NJ 07206

Telephone: (908) 355-4459

All services offered at this location

**HEALTH CARE FOR ALL!**

[www.bridgewaybhs.org](http://www.bridgewaybhs.org)



## Holiday Relapse Prevention

A challenge that often appears this time of the year is increased substance use during the holiday season. For some, the holidays may bring the emotional stress of family conflict, trauma, financial concerns, and loneliness. If you are not well equipped to manage these stressors, you may resort back to poor coping strategies, like substance use. It is very important to be prepared.

1. **Identify and limit triggers.**
2. **Address basic needs like food, sleep and mood.**
3. **Set boundaries and rehearse responses.**
4. **Be intentional about the invitations you accept.**
5. **Bring your own safe food and drinks.**
6. **Create an exit plan for unhealthy situations.**
7. **Try something new, create new traditions!**

Special thanks to Dave D'Antonio, MA, LCADC, CCS, ICADC

For the complete Holiday Relapse Prevention list, please visit: <https://www.bridgewaybhs.org/pubs/resource/holidayrelapseprevention.pdf>

## Congratulations 1<sup>st</sup> Place Artist!

Meet David Matthew Whaley — 1st Place winner in Bridgeway's Fall Art Exhibition for his multi-media collage titled *Queen of the South*.



Pictured: David Matthew Whaley and Mark Williams  
*Queen of the South* is available for purchase. Please call for more information 908-635-7647



## Mindfulness Practices for Families:

One easy way to introduce mindfulness to your children is through informal practices that you can do along with them. Start with a simple kindness meditation—offering good wishes and compassion to others.

1. To begin, find a comfortable sitting position. You can even place a hand on the heart. Allow your eyes to close or lower your gaze toward the floor.
2. Bring to mind someone who you really respect and look up to, and who really loves you in return.
3. Notice how you feel as you bring this person to mind.
4. Make a kind wish and send it their way. What would make them happy?
5. Next, bring to mind someone else you love and care about: A family member, a friend, a beloved colleague. Just bring this person to mind, sending this person a kind wish.

We'll move from here to a more neutral person. Perhaps someone you don't know very well: A parent you see occasionally in the pick-up line, a person who delivers your mail, or makes your coffee in the morning. Just bring this person to mind and imagine yourself sending them some kind of kind wish.

6. Lastly, bring to mind someone who has frustrated you lately, someone who is a little difficult. Send this last person a kind wish—something nice for them in their life.
7. Check in with your mind and body as you conclude this practice.

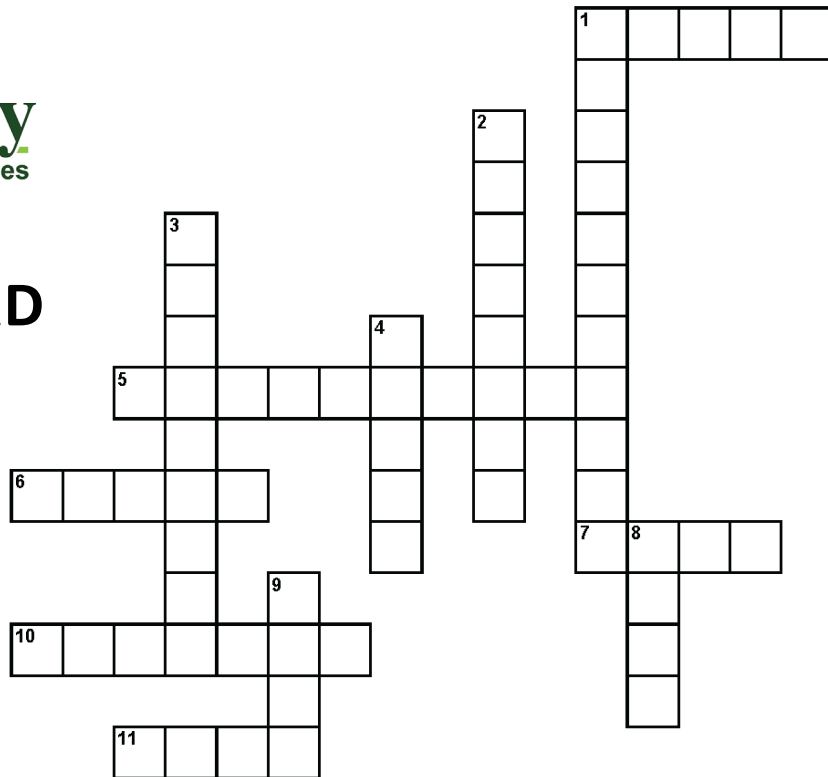
**We want your opinion!**

**Please answer this question:**

**Would you recommend Bridgeway to friends and family? Give Bridgeway a score from 1 (I would not recommend) to 10 (Bridgeway is the best!)**

**Email your score to: [feedback@bridgewaybhs.org](mailto:feedback@bridgewaybhs.org)**

# SELF CARE CROSSWORD PUZZLE



December 21<sup>st</sup>  
is National  
Crossword  
Puzzle Day  
in America!

### Across

- [1] Listening to this can improve your mood
- [5] Deep breathing is a way to promote
- [6] Do this when listening to music
- [7] Watch your favorite \_\_\_\_\_
- [10] Focus on what you can \_\_\_\_\_
- [11] Go for a \_\_\_\_\_

### Down

- [1] A way to be in the present
- [2] It is important to do this for your physical and mental health
- [3] Do this to communicate with friends and family while social distancing
- [4] Drink 8 glasses of this a day
- [8] It is okay to ask for \_\_\_\_\_
- [9] Read a \_\_\_\_\_

The crossword answer key is here: <https://www.bridgewaybhs.org/pubs/crossword.selfcare.pdf>



*Reach out and touch  
Somebody's hand  
Make this world a better place  
If you can*

*Take a little time out your busy day  
To give encouragement  
To someone who's lost the way  
Or would I be talking to a stone  
If I asked you*

*To share a problem that's not your own  
We can change things if we start giving*

*Lyrics by Ashford & Simpson, Song by Diana Ross*



**Anonymous Compliance Hotline - If you suspect fraud, waste, or abuse call 732-317-5098**

\* To be removed from our mailing list, please call 732-913-9666 or write to [erica.smith@bridgewaybhs.org](mailto:erica.smith@bridgewaybhs.org)