

## What Ideas Have Helped You the Most?

A friend of mine asked me what ideas have helped me the most in maintaining my sanity and mental health (in addition to prayer, scriptures etc.) are:

1. Cognitive therapy
2. Medication when I needed it
2. Depressurizing technique
3. Be Calm (a magnesium supplement)
4. neurozone (you can find ordering info through doing a search on m website)
5. stop, drop and roll
6. ponder pages
7. efficient pity parties
8. talkng to trusted friends when I need to have a pity

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ONE OF OUR READERS WANTS TO KNOW IF ANYONE HAS HAD EXPERIENCE WITH **THE ROAD HOME**. IT IS A COMPANY THAT (SEE PG.2)



## Goals start with a single thought

Our Grandson, Joshua, was fascinated with the paintings at Primary Children's Hospital.

He wanted to be like the biker. The boy on the bike wanted the goose

When we struggle with mental health we often compare ourselves to someone who appears to be faster, more blessed or more spiritual. We compare, we judge and we often wonder if we'll ever be like them.

During those times we need to remember that we are unique, we were born that way. We can change our focus from trying to be like someone else and focus on making progress. One pedal rotation at a time. The goose is not our goal, progress is.

For us progress may be talking to a trusted friend, seeing a psychiatrist, doing a personal peace paper, watching a helpful youtube etc. before we know it we'll be flying.



THIS SIMPLE, SHORT AND HUMOROUS ARTICLE IS FILLED WITH SMILES AND WISDOM AS WELL AS A GREAT MENTAL HEALTH TIP!!

[HTTP://WWW.LDSMAG.COM/INDEX.PHP?OPTION=COM\\_ZINE&VIEW=ARTICLE&ID=1](http://www.ldsmag.com/index.php?option=com_zine&view=article&id=1)



# 5-10 minute break ideas. take it every hour



http://  
[www.patriciapotts.com/Meds.html](http://www.patriciapotts.com/Meds.html)

ponder pages  
 Book: Chapter 10

(from pg. 1) party or I need to brain storm

Be Calm supplement http://  
[www.calmnatural.com/](http://www.calmnatural.com/)

Those are the things that come to me right away. Most of these can be found in my book but some have come to me since then.

I hope that helps. If you decide to get the unflavored be calm supplement be sure to flavor it with something. it's nasty!

I hope this helps. I'd also be happy to set up a time t call or skype.

Love  
 Patricia

Love,  
 Patricia

*email #2*

More requested info:

Neurozone:

1. Crank up music and dance
2. Walk
3. play an instrument
4. pray
5. read a book
6. talk to a friend
7. stare at something
8. bake or cook
9. call a grandchild/grandma
10. do a hobby

### FROM THE EDITOR

Thank you for calling and emailing. I truly believe that as we share our ideas we can gain courage, caring and power. Please email is and let us know what is working for you and what is not.

[patripotts@gmail.com](mailto:patripotts@gmail.com)

Thanks,

*Patricia Potts*

OFFERS NATURAL SUPPLEMENTS  
 HELP PEOPLE DECREASING ANTI-  
 DEPRESSANTS ETC.



Some of my students perform at the hospital



Talk Therapy: Choose trusted friends then let them know if you need to unload or brainstorm