



# RECOVERY IN MOTION



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February 2024 Edition

## How to Stay Sane This Valentine's Day

A Harvard doctor on how to survive a day of love—and loneliness.

by Hallie Smith, 2/10/2017, 3:50 p.m.



National Singles Awareness Day—or Valentine's Day, as it's more commonly known—is just around the corner. While the happily coupled look forward to boxes of chocolate and dinner reservations, the hearts and flowers can bring dread for those without a Valentine. Even those celebrating with a significant other may not fall in love with the over-hyped holiday.

Sound familiar? Jacqueline Olds, a part-time associate professor of psychiatry at Harvard Medical School, offers some advice for staying sane this V-Day.

### 1. Go out.

Olds says many singles stay home and eat junk food on Valentine's Day, then fall into a funk because it feels like everyone else is out having fun. Instead of wallowing in your loneliness, she suggests embracing Valentine's Day and going out, even if it's with friends.

"If you see all the people who are not necessarily [out] with their beloved, that they're just there with friends, all of a sudden you start to feel part of things, and you realize that Valentine's Day can be about connections, not necessarily about your one true love," Olds says.

(continued on page 2)

## **2. Don't over-inflate your loneliness.**

Many people feel a little harmless self-pity on Valentine's Day, but make sure you don't stay in a self-denigrating cycle. No spiraling allowed.

"See this as an errant Valentine's Day rather than your fate. You shouldn't over-extrapolate, [thinking,] 'This is the way it's always going to be, I'm always going to be alone,'" Olds says. "You should throw those kind of generalizations out and say, 'Look, everybody is alone once in a while on Valentine's Day, and here's how I'm going to take good care of myself.'"

## **3. Reach out to loved ones.**

Whether it be your friends, family, or dog, Olds says to remind yourself that people (or pups) love you.

"Most people have a go-to place where they can remember that they are loved," Olds says, adding that connecting with people who are special to you can make Valentine's Day feel more manageable.

## **4. Take care of your body.**

Getting at least seven hours of sleep every night, eating three good meals a day, and getting bright light in the morning are essential to your overall well-being, Olds says.

"All those little pieces are sort of healthy habits which make good mental health much easier," Olds says. Take this advice 365 days a year, not just on Valentine's Day.

## **5. If you're in a relationship, keep your expectations reasonable.**

Paired-off folks have problems on Valentine's Day, too. Sky-high expectations and undue pressure can turn an enjoyable holiday sour.

"Each person needs to talk about what their ideal would be, and then you can take those elements and find a compromise that does a little for both," Olds says. "But very often men and women are kind of behind the eight ball with this Valentine's Day business, because they have no idea what the other person really wants." It's also important to keep in mind that your expectations may be too high, she says.

"When you spell out what you want, you have to understand that you might not get it because the other person has something different that they want," Olds explains. "The trick is to find some clever compromise that speaks to both of your ideals."



This is a phone number where mental health peers can call outside of Agape Center hours and talk to the staff about their daily struggles and concerns. Feel free to use the Warm Line telephone number whenever you need to talk to a peer.

### **Warm Line Phone Number**

**1-806-367-0028**

### **Warm Line Hours of Operation**

**Monday - Thursday 5:00pm - 11:00 pm**

**Friday - 5:00pm - 12:00am**

**Saturday 12:00pm - 12:00am**

**Sunday - 12:00pm - 11:00pm**

*.HAPPY.  
Valentine's  
Day*

## *Valentine's Day Party*

# *Billie Jean Jones Chili Cookoff*

When: **Wednesday, February 14, 2024, 12:00pm – 6:00pm**

Where: The Agape Center, 1601 S. Georgia St. (St. Andrew's Episcopal Church, Lowndes Hall, Bottom Floor)

Prizes for 1<sup>st</sup> – 3<sup>rd</sup> place for Chili Entries



# In Texas' Panhandle, a long-awaited oasis for mental health care is springing up

By Jayme Lozana Carver, Texas Tribune, Nov. 22, 2023



The region that includes Amarillo, a Panhandle city of more than 200,000 people, and surrounding towns has long been a mental health care desert. Officials hope a new \$159 million hospital can help reduce a massive spike in suicide attempts.

Three times a week, Potter County Judge Nancy Tanner holds hearings for people to determine whether they should be placed in a mental health hospital.

Since she was elected in 2014, she has seen many of the same people cycle in and out of her courtroom — a long-running marathon of familiar faces who either don't want help or get it, and still end up back in Tanner's presence.

When she doesn't see them again, she quietly hopes they find help on their own. Unfortunately, Tanner is acutely aware of what can happen if they don't.

"I go home thinking about these people some nights," said Tanner, who is the county's top elected official with broad constitutional powers in all three branches of government. Like other county judges in rural parts of the state, she maintains a limited judicial role. "I'm assuming they are OK, but I don't know if they are. I can't check on them."

Organizations and nonprofits have fought for decades to increase mental health access in the Texas Panhandle, including Potter County and the county seat of Amarillo.

There is finally an oasis in sight.

This year, state lawmakers earmarked \$2.26 billion to aid state hospitals and increase mental health care access. The funds approved include the construction of hospitals in Lubbock, the Permian Basin, and in Amarillo, worth \$159 million. It's an investment officials hope will boost the state's offerings after consistently being rated one of the worst for mental health care by advocacy organizations such as Mental Health America.

"I think there have been so many people impacted by (mental health problems) that reached out to their representatives," said Mellisa Talley, executive director for Texas Panhandle Centers Behavioral & Developmental Health. "Maybe not a lot of people spoke out in the past, but I think we all talk about it more now."

Advocates say the Amarillo hospital likely will fill the gaps when it comes to serving the nearly 436,000 people living in the farthest northern areas of the state, a largely rural area that has long been starved for mental health care.

**Full Article:** <https://www.texastribune.org/2023/11/22/texas-panhandle-mental-health-care/>



**Monday Classes, 1:00 - 2:00 & Wednesday Classes, 11:00 - 12:00**

**Art supplies provided**

(Home lessons by reservation only, call 335-5896)



**Agape Center Artwork**

**Real Artwork done by Agape Center Members**



**Cat peeking through flowers – C.J.**



**3-D Styrofoam cup – D.B.**






**3-D Styrofoam cup – M.U.**



**Moonlight reflection – M.M.**

**February 2024 Calendar**  
**Telegroup Phone Number: 1-(720)-740-9050**

**\$\$ - Bring money for Social Outings, Red Groups can be done over the phone.**

<b>MON</b> 9:30 – 4:30	<b>TUE</b> 9:30-4:30	<b>WED</b> 9:30 – 4:30	<b>THU</b> 1:00-4:00	<b>FRI</b> 9:30 – 4:30
			<u>1</u>  <b>Center Closed</b>	<u>2</u> Substance Abuse  <u>10:00-11:00</u> Golden Corral \$\$ Thrift Stores \$\$ <u>12:00-4:00</u>
<u>5</u> Beginner's Computer Class <u>10:00-11:00</u> Art Class <u>1:00-2:00</u> Journaling <u>2:30-3:30</u>	<u>6</u> Show & Tell About Yourself <u>10:00-11:00</u> Cooking Class <u>1:00-2:00</u> Exercise Boot Camp <u>2:30-3:30</u>	<u>7</u> Consumer Programming <u>10:00-11:00</u> Art Class <u>11:00-12:00</u> <b>NOW SERVING LUNCH</b> NAMI Connection <u>1:15 – 2:45</u> Yoga <u>2:45 – 3:30</u>	<u>8</u>  <b>Center Closed</b>	<u>9</u> Housing Group: Preparing for Winter <u>10:00-11:00</u> Burgers & Bowling \$\$  <u>12:00-4:00</u>
<u>12</u> Beginner's Computer Class <u>10:00-11:00</u> Art Class <u>1:00-2:00</u> Coping with Depression And Anxiety <u>2:30-3:30</u>	<u>13</u> Center Organization <u>10:00-11:00</u> Music Analysis <u>1:00-2:00</u> Exercise Boot Camp <u>2:30-3:30</u>	<u>14</u> Valentine Party Billie Jean Jones Chili Cookoff  <u>12:00 – 6:00</u>	<u>15</u> <b>Center Closed</b>  <b>Board Meeting</b> <u>6:00-8:00</u>	<u>16</u> <b>Center Closed</b>  <b>For Staff Training</b>
<u>19</u> Beginner's Computer Class <u>10:00-11:00</u> Art Class <u>1:00-2:00</u> Guest Speaker: Cenikor Krystal Castillo <u>2:30-3:30</u>	<u>20</u> Advanced Computer <u>10:00-11:00</u> Movie Analysis <u>1:00-2:00</u> Exercise Boot Camp <u>2:30-3:30</u>	<u>21</u> Friendly Concerns <u>10:00-11:00</u> Art Class <u>11:00-12:00</u> <b>NOW SERVING LUNCH</b> NAMI Connection <u>1:15 – 2:45</u> Yoga <u>2:45 – 3:30</u>	<u>22</u>  <b>Center Closed</b>	<u>23</u> Trauma & PTSD <u>10:00-11:00</u> Mr. Gatti's Pizza \$\$ & Game Room \$\$  <u>12:00-4:00</u>
<u>26</u> Beginner's Computer Class <u>10:00-11:00</u> Art Class <u>1:00-2:00</u> Mindful Self Compassion <u>2:30-3:30</u>	<u>27</u> Advanced Computer <u>10:00-11:00</u> Critical Thinking Exercises <u>1:00-2:00</u> Exercise Boot Camp <u>2:30-3:30</u>	<u>28</u> GED <u>10:00-11:00</u> Art Class <u>11:00-12:00</u> <b>NOW SERVING LUNCH</b> NAMI Connection <u>1:15 – 2:45</u> Yoga <u>2:45 – 3:30</u>	<u>29</u> Birthday Cake & Pictionary  <u>1:00-400</u>	



AAMHC

P.O. Box 44

Amarillo, TX 79105-0044

Physical location:

1601 S. Georgia St.

(St. Andrew's Episcopal Church, Lowndes Hall)

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Member-at-large: **Open**

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