



Health, Wealth, Happiness and Spirit

FREE

Mother's Day

*Spoiling Mom With Care
On Every Valued Budget*

Astrology Elements

*Understanding Your Sign
Can Balance Personalities*

Photography 101

*Studying Cameras Helps To
Create Grand Compositions*

Signs of a Stroke

*Learning F.A.S.T. Can
Save A Loved One's Life*

May 2022





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Submit your article, recipe, or event!
Send to: submit@YourHWS.com

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Our Mission

Your Bliss explores the power of overall wellness. We look to push past the boundaries of physical health and explore the aspects of mental health, financial health, and health of the spirit. Our goal is to bring you information that you can use to live a happy, healthy, and spirited life. We find tips for the short term as well as more expansive information for the long term.

With the ever-expanding technology, knowledge, and evolution of the health field, there is a growing supply of data to take from. With Your Bliss, we find the information for you and put it all in one place. Every month we bring you new articles on a wide range of topics so you can live a more fulfilled and whole life.

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May 2022 Outdoor Events in Buffalo

The Summit Center Autism Walk

When: Saturday, May 14, 8:00 AM – 12:00 PM
Where: The Summit Center
150 South Road, Getzville
Cost: 18 & under FREE, Adults \$10 (fundraising for
More info: [summitcenter.org](https://summitcenter.org/boards/)

Fairy Festival

When: Sunday, May 15, 10:00 AM – 4:00 PM
Where: Buffalo Botanical Garden
2020 Court Park Avenue, Buffalo
Cost: \$14.50
More info: [buffalobotanicalgarden.org/events](https://www.buffalobotanicalgarden.org/events/)

Flowers n' Feathers Walk

When: Wednesday, May 18, 10:00 AM – 12:00 PM
Where: Kaw Farm State Park
430 Buffalo St., East Aurora
Cost: FREE
More info: park.ny.gov/events

Wing a Ding Ding Festival

When: Saturday, May 21, 11:30 AM – 9:00 PM
Where: Buffalo River Works
100 Danzon St., Buffalo
Cost: Tickets start at \$14
More info: wingadiddingfestival.com

Porchfest

When: Saturday, May 21, 1:00 PM – 6:00 PM
Where: Elmwood Village, Buffalo
Cost: FREE
More info: buffaloporchfest.org

Buffalo Marathon Weekend

When: Saturday, May 22, Race starts at 6:00 AM
Where: Buffalo Niagara Convention Center
151 Franklin Street, Buffalo
Cost: FREE to spectators
More info: buffalomarathon.org

The Importance of Sunscreen

Our skin is the largest organ in our body. Summertime is approaching, and it is important to protect our skin to avoid any serious consequences. UV radiation, also known as ultra violet radiation, is light omitted by both the sun and artificial sources. UV exposure can cause short-term effects like sunburn, but can also cause long-term effects like premature aging and melanoma, a form of skin cancer.

How do we remain safe while in the sun? It is crucial to give proper protection and exposure to UV light. Clothing with tightly woven fabric should cover your body, as needed. It is important to use sunscreen with an SPF (sun protection factor) of 30 or higher. It is also recommended to use a broad spectrum sunscreen, protecting your skin from multiple types of UV radiation, making it more effective.



Animesh Sinha, MD, PhD, a board-certified dermatologist with WNY Medical, recommends that you visit your dermatologist at least once a year for a skin examination and if you have issues between your yearly visit, such as a rash, suspicious growths or acne, you should see your dermatologist immediately.

If you would like more information on maintaining healthy skin, please call WNY Medical to schedule an appointment at one of our offices in Amherst or Orchard Park. Call (716) 923-4380, or visit wnymedical.com.

Photography 101: Converting to a Digital Era

By: Taylor Koster

According to cnet.com, the history of the digital camera began in 1961 by Eugene F. Lally of NASA's Jet Propulsion Laboratory. Lally was attempting to digitize light signals so astronauts could take finer images, to have a better understanding of their position in space. While he did figure out how to solve the problem of red eyes in photos, the technology of the time was lacking in comparison to his theory. In 1975, the first digital camera was invented by Steven Sasson, an engineer with Eastman Kodak. It took the newly invented camera 23 seconds to snap a picture in black and white onto a digital cassette tape. The digital age was becoming truly revolutionary. But, not just anyone could pick up and take a photograph. It was crucial to know the right settings, understand light exposure, and grasp the concept behind camera functions.

In order to efficiently use a digital camera, it is helpful to first learn about the functions of it. The three main features to understand are the ISO, shutter speed, and aperture. The ISO, also known as the International Standards Organization, is the industry wide standard for measuring light sensitivity. The lower the number, the darker the image will appear. The higher the number, the lighter the image will appear. Overall, understanding ISO settings allows for efficient lighting and exposure in your photos.

Shutter speed refers to the length of time the lens stays open during an exposure. The shutter speed is typically measured by fractions of a second. The slower the shutter speed, more light is passing through to the camera sensor. This allows for dimmer shooting situations, as well as capturing motion. A faster shutter speed is used when there is more light in the scene, as well as to freeze motion. Overall, grasping the concept of shutter speed can assist with capturing powerful visual compositions.

Aperture is the opening in the lens that allows light to travel through. It is measured by the f-stop. The smaller the number the f-stop is, the wider the aperture is. This allows more light

into the camera sensors. The aperture also has control over the depth of field, described as the distance between the furthest and closest objects that appears to be in focus. The smaller the aperture, the more depth of field is present. Overall, understanding the aperture and f-stops allows the subject of the composition to have direct or indirect focus.

There are a few things to keep in mind when starting out in photography.

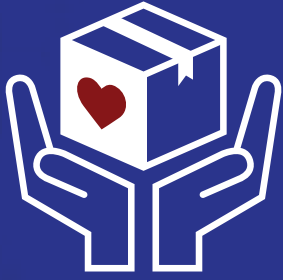
- The composition that is being created through the lens is a major factor to making a strong exposure.
- Don't cut off any important parts of the subject, like hands and feet, with the edge of the frame.
- Make sure to keep moving while shooting and don't stay in one place. This helps to change up the composition of the image and the perspective. Even changing the camera height can produce new and interesting perspectives for the image.
- Another important thing to keep in mind while shooting is to make sure there is a strong focal point and that the camera is in focus. Also, pay attention to your composition and background.
- Finally, don't forget to have a clean camera lens. A dirty lens can produce blurry images or leave dust spots on the final images.

Overall, photography is a passion for many with a driving force that has been producing beautiful compositions for quite some time. Thanks to the power of technology, it has grown from a time-consuming process with darkrooms and heavy equipment, to a quick and efficient digital era. You can visit cnet.com to learn more about modern photography and the digital era it has evolved into.



Photo Credit: Taylor Koster

MEMORIAL DAY ACTIVITIES TO COMMEMORATE THE DAY



Send a Care Package

Visit SupportOurTroops.org to easily build a care package to send to a veteran. If you have a veteran in your life, develop a personalized box to send or deliver to them.



Create a Sidewalk Mural

Use red, white & blue chalk to create a flag on the sidewalk of your local neighborhood. Add a heartfelt message to honor and remember those who have served.



Visit a Cemetery with Flowers

Pay tribute to loved ones who have lost their lives fighting for our freedom. Visit a local veterans' cemetery with flowers and a flag, reflecting on their livelihood.



Shop Veteran-Owned Businesses

Show your support by purchasing or receiving services from a veteran-owned business. A local favorite of ours is franchise owner Stephen Lutter of ACE Handyman Services.

Happy Mother's Day

Ways To Celebrate Mom

One Stop, Mom Shop

Saturday, May 7th
10:00 am to 8:00 pm
Free Admission
The Botanical Gardens
2655 S. Park Ave, Buffalo, NY 14218

A variety of items for sale, including hanging plants, succulents, mini roses, orchids, and much more. Food trucks on site from 11:00 am to 5:00 pm.

www.buffalogardens.com/products/one-stop-mom-shop

Picnic Brunch with Road Side Flower Bar

Saturday May 7th- Sunday May 8th
10:00 am to 2:30 pm
Tickets start at \$34
Becker Farms
3760 Quaker Road, Gasport, NY 14067

A grab-and-go brunch with bottomless ciders/mosas. Bloody Mary bar and kids options also available. Add a DIY bouquet from Roadside Flower Bar.

www.beckerfarms.com/eventscalendar



Knowing the Signs Will Save A Life

By: Mary Siwirski, Registered Critical Care Nurse, Neurosurgical Intensive Care Unit



May is Stroke Awareness month. As a Registered Nurse in a Neurosurgical Intensive Care unit, I can be heard explaining signs of a stroke to anyone near me. Knowing that someone I have spoken to is able to recognize stroke symptoms and have the knowledge to seek emergency medical assistance as quickly as possible is very important to me. Never did I realize how important my teaching was until May 25, 2015. The day my mother suffered a stroke.

My parents had just enjoyed a Memorial Day barbecue at home. My mother had not been feeling well all day and said she was going to take a nap. My father asked her a question and when she didn't respond, he noticed her slumped over in her chair. Quickly, he went through the signs of a stroke I had taught him. Within minutes, he called 911 and my mother was transported to the hospital, where she received the intervention that would save her life.

8 out of 10 strokes are ischemic strokes, which means a blood clot has formed in one of the arteries of the brain. Tissue Plasminogen Activator or TPA is given to dissolve the clot and spare further damage to the affected area. It must be given within 3 hours of when the symptoms occurred for optimal effect. This medication and surgical intervention, if needed, offers the best chance of recovery for an individual who has suffered a stroke.

Understanding F.A.S.T. is the key to knowing the signs of a stroke. Other symptoms can include difficulty walking or a sudden severe headache. Time is brain, please take a minute to educate yourself on recognizing the signs and symptoms of a stroke. My father did, and it saved my mother's life.

RECOGNIZE A STROKE

F

FACE



FACE DROOPING

A

ARMS



ARM WEAKNESS

S

SPEECH



SPEECH DIFFICULTY

T

TIME



TIME TO CALL
AMBULANCE

Stroke Finance Information

A stroke has serious health implications for the patient and their family and the future outlook can be overwhelming. Loss of income and financial costs also add to the stress a patient and their family can experience. A patient advocacy organization may be able to help.

The American Stroke Association is a great resource for information and they have a free brochure, *Finances After Stroke Guide*. The Patient Advocacy Foundation has a free comprehensive guide, *A Guide to Navigating the Disability Process*, on how to apply for Social Security Disability Benefits. Find out what help is available as soon as possible! Your primary care physician, the hospital or an advocate foundation can be very helpful.

Health Tips with Dr. Riffat Sadiq

Stroke Prevention & Healthy Living Awareness

Eat a balanced diet of fruits & vegetables, high fiber & low fat levels can help!
Maintain low cholesterol & blood pressure to reduce risk. Keep a healthy weight!
Quitting smoking can lower your risk for stroke. Limit alcohol consumption,
and control any and all medical conditions.

If experiencing issues, seek medical advice or attention.



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Ingredients

- 2 (15½ Oz.) Cans chickpeas
- ¼ Cup freshly squeezed lemon juice, from 2 lemons
- ¼ Cup sesame tahini, well stirred (preferably Joyva Sesame Tahini)
- 2 Cloves garlic, roughly chopped
- Heaping ¼ teaspoon cumin
- ½ Teaspoon cayenne pepper
- 1 Teaspoon salt
- 3 Tablespoons extra virgin olive oil, plus more for drizzling
- 1 Tablespoon freshly chopped parsley, for serving (optional)
- Paprika, for serving (optional)



Homemade Hummus

Servings: About 3 cups Prep Time: 20 Minutes Total Time: 20 Minutes

This is the best homemade hummus recipe — and it's easy to whip up with very few ingredients.

Recipe from: www.onceuponachef.com

Instructions

Reserving the liquid from the cans, drain the chickpeas in a colander (no need to rinse them). Set a few chickpeas aside for garnishing the hummus.

In the bowl of a food processor fitted with metal blade, combine the chickpeas, lemon juice, tahini, garlic, cumin, cayenne pepper, salt, olive oil, and ⅓ cup of the reserved canning liquid. Process for several minutes until smooth and creamy. The hummus should hold its shape when you drag a spoon through it; add more liquid and process again if it seems too thick. Taste and add/adjust seasoning, if necessary.

Transfer the hummus to a serving bowl. Use the back of a spoon to swirl a shallow well in the center. Drizzle a little olive oil in the well; sprinkle with parsley and paprika, then garnish with the reserved chickpeas. Serve at room temperature with pita bread, pita chips or crudité's.

Make-Ahead Instructions: Hummus can be made and stored in a covered container in the refrigerator up to two days ahead of time. Bring to room temperature before serving.

Strawberry Salad with Balsamic

Prep Time: 10 Minutes Cook Time: 10 Minutes Total Time: 20 Minutes

This strawberry salad recipe is perfect for spring and summer! It's bursting with flavor from cherry tomatoes, basil, creamy mozzarella, and tangy balsamic. Skip the cheese to make it vegan.

Recipe from: www.loveandlemons.com

Ingredients

- ¼ Cup balsamic vinegar
- 1 Cup sliced strawberries
- 1 Cup halved cherry tomatoes
- 1 Cup halved mini mozzarella balls
- 1 Ripe avocado, pitted and diced
- ⅓ Cup pecans, toasted
- ⅓ Cup loosely packed basil, torn
- Extra-virgin olive oil, for drizzling
- Sea salt and freshly ground black pepper

Instructions

In a small saucepan, bring the balsamic vinegar to a high simmer over medium heat. Stir, then reduce the heat to low and simmer until the vinegar has thickened and reduced by half, about 8 to 10 minutes. Set aside to cool.

Place the strawberries, cherry tomatoes, mozzarella, avocado, pecans and basil in a shallow bowl or platter. Drizzle with olive oil, and season generously with salt and pepper. Gently toss. Drizzle with the reduced balsamic.



How To Nurture Your Astrology Element

By: Lana Shapiro, Holistic Life Coach, Reiki Master & Lifepath Astrology Reader

Astrology elements are essential ways of grouping the twelve zodiac signs, based on key personality traits those signs have in common. Each zodiac sign falls into an element which can then be used to describe not only personality type, wants, needs and desires of each sign, but also overall energetic vibe. This can be a great predictor for compatibility comparison of signs as well.

There are four main elements: fire, earth, air and water. Three zodiac signs fall into each element category. These elements are essential because they represent the circle of life and things we as humans need to survive and keep our lives balanced.

FIRE

Signs that fall under the element of fire are: Aries, Leo and Sagittarius. Fire is impulsive and difficult to contain. Fire zodiac signs tend to be passionate, proud, courageous, impulsive, spontaneous, driven. They are bold, fearless and like to be noticed. Fire signs love to take initiative on projects, they are natural born leaders. Fire signs fall into the masculine energy, making them action driven.

It is important to note that despite their similarities, each fire sign differs based on their modality. Aries is a cardinal sign, which makes them great at initiating and spearheading. Leo is a fixed sign, which makes them passionate and loyal. Sagittarius is a mutable sign, which makes them more adaptable and flexible.

EARTH

Signs that fall under the earth element are: Taurus, Virgo and Capricorn. Earth is overall grounded, reliable and practical. Earth element is responsive most to things physical in nature, things that can be clearly touched and seen. This characteristic makes them more sensual and prone to deeper relationship connections. Earth signs appreciate beauty around them. Although they can be inflexible and stubborn in their thinking, they are extremely loyal to people they love.

Taurus is a fixed earth sign, they love to plan and conceptualize. Virgo is a mutable hard worker and at times has a tendency toward perfection and overburdening themselves. Capricorn is the cardinal realist who can be cautious and likes to oversee things.

AIR

Signs that fall under the air element are: Gemini, Libra and Aquarius. Air signs are intellectual, can be emotionally detached and are considered great minds. They also tend to be very social, curious and fast talkers. They are master communicators and great conversationists who can engage anyone. They can also be indecisive, since they rely so much on their mind, with a tendency to get “stuck” in their heads. Gemini is a mutable sign, its natural ability to take on different personality aspects (twin duality) leads to adaptability to their environment, they tend to be the “social butterflies”. Libra is



Lana Shapiro is a holistic mentor for awakening Starseeds, she is a practicing reiki master, astrologer, and mystic. Her work is all about mind, body and soul connection. She gained initial recognition after co-authoring a chapter in the book “Our Transformative Journey”.

In the beginning, Lana studied psychology and the human mind and spent the first 16 years of her adult life providing mental health counseling.

In 2017, Lana began studying energy work and delving into esoteric and mystical studies. She connected with her angels and spirit guides, as well as her past lives and the higher self. In early 2021, Lana founded the Starseed Mystic methodology and later created a movement to help awaken the Divine Feminine energy.

Lana is a community leader who is nurturing and offers understanding and intuitive guidance. She understands there are many solutions to any given problem, but bases her philosophy on a belief that “All the answers are already within you”.

the action oriented air sign, they strive to find balance and equilibrium in their lives. Aquarius is the fixed air sign, they tend to be more disciplined, specifically when it comes to finances and love.

WATER

Signs that fall under the water element are Cancer, Scorpio and Pisces. Water signs are the most emotional signs, associated with feminine energy. Water signs are highly intuitive, they rely on their feelings and practically live in their emotional mind. They are sentimental and empathetic, which makes them great partners and friends. They are nurturing, perceptive and easy to connect with.

Cancer is the cardinal water sign, they are the most emotional and nurturing, known as the “mama bear” of the zodiac signs, they prioritize family and tradition. Scorpio is the fixed water sign, they love to understand deep issues, desires and intimate connections, their fixed nature makes them extremely determined. Pisces is the mutable romantic, they tend to be extra sensitive and at times even psychic. Pisces are known for bridging the gap between physical and spiritual realms.

The elements play an important role in helping you understand your astrological Sun sign, however your overall astrological birth chart has a significant amount of information as it relates to your overall soul purpose.

Business Growth: Needs & Desires

By: Faizan Haq, President & CEO, Manage Your Business LLC



Growth is a function of need; just like when a toddler needs to learn to crawl and then walk. You can watch as they try to reach for a favorite toy, determining what to do next. Initially, he or she will try to crawl or stand up using something to hold on to and before you know it, they start running. Their needs for that desired object propels their advancement to grow. Through life as you mature your needs and desires change but the lessons you have learned, the capacity you have acquired, will expand your horizons. You keep growing because you must accommodate changing needs.

Growing up defines the limits of growth. While growing up, if you believe that certain things are beyond you, then your growth is hampered.

Your belief in yourself is what grows the confidence required to strengthen the possibilities and validity of your future success in life.

Let me simplify it for you. Learning early on to balance your wants and desires is one of the first steps to your future success. If one's need is to eat because one is hungry, do you dine out, order take out or just make something to eat by yourself to save the capital you have earned? You must evaluate whether the time to make the meal is more valuable than the time needed to earn the money to dine out.

Similarly, In the growth of business, you balance meeting your business's needs, and the spending of your capital. When starting your business, you cannot do everything by yourself, but certainly if you take a good inventory of your capacity, you can learn to do many things on your own. Our business grew after exploring that there are certain things, we could do on our own rather than have it done by others. The most difficult part in this approach to growth is to find the right team members, a sustainable management system, and a capable infrastructure. It requires capital investment, patience, planning, resources, a vision, and in the end disciplined determination. But a business should know its limitations and not fall into the trap of doing everything by themselves. Is your time better spent growing your core business? You should assess the value of each of your business's needs and take action based on what will help you grow your business faster, better, and safer.



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We at Manage Your Business, LLC are interested in the success and growth of small businesses. We provide a wide array of services along with a strong platform to support and expand your business and your potential.

Consult with our highly trained organizational specialists with over 25 years of direct industry experience.

We provide efficient services for accounting, human resources, general business administration, nonprofit administration, communication specialist and business mentorships, information technology, media, branding, marketing, and web development.

The Importance of Your Physical Health

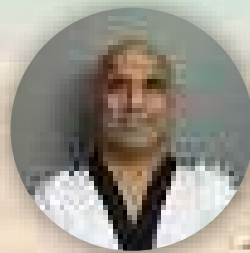
Physical activity is very crucial for our health and overall well-being. Exercising 45 minutes a day can keep you physically fit and reduce the factors of various health problems. Physical activity helps us develop strong bones and slow the rate of bone loss, which reduces the risk of osteoporosis in the future. If we don't take care of our body, then who will? These are some tips on how to stay physically active:

- Add physical activity in your everyday routine (after lunch, go for a walk)
- Avoid sitting for a long period of time
- Take the stairs, instead of the elevators
- Stretch for at least 10 minutes per day
- 150 minutes of aerobic exercise (cardio activity) is recommended per week
- Always stay hydrated

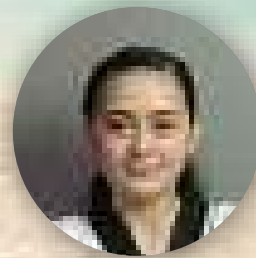
For more information about physical activity, come join us at Dawn Martial Arts and Fitness Center!

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Dawn Martial Arts



DMA_fc

A Netflix Review of Vikings: Valhalla (V:V)

By: Alex Tilton



Source: netflix.com

Vikings: Valhalla (V:V) is a pseudo-historical sequel to the pseudo-historical series **Vikings**. It tells the (heavily fictionalized) story of Viking explorer Leif Erikson. I did not watch the original Vikings because it looked like it was trying way too hard. Watching V:V tells me that this is probably true, but that I also should have watched it anyway.

This is because somehow **V:V** tries too hard in a way that isn't necessarily bad. I didn't hate it at all, but at the same time it felt weird because of what I can only call schizophrenic production value.

The quality fluctuates in a jarring way. One scene will be well constructed, but with far too few people in it for what's happening. Another scene will have good costumes and acting set against a painfully low-quality rear screen projection. One major battle scene is brutal, detailed and feels very real. It involved hundreds of extras, lots of choreography, attention to detail, and some pretty good acting. But then the Vikings confront the captured English nobility in a throne room that looks like an interior set from 'Buffy the Vampire Slayer'. It's hard to explain this without assuming they spent most of their budget pandering to the target demographic, but there were also plenty of expository scenes that were well done so...I just don't know.

Despite this the tone never wavers. It's firmly lodged between 'too serious for pseudo-historical fantasy' and 'very believable'... and I don't know what to make of that. I found myself weirdly both admiring it and irritated by it. Consequently, the theme for this review is 'good but not great.' This phrase describes the acting, the cast, the chemistry, and the plot.

The story is well-structured and easy to follow, but some of it just isn't good. **V:V** gives its entire B-plot to Leif Erickson's fictional sister Freydis. Her revenge killing of a man who violated her is the plot device the show uses to get Leif involved in a war which makes up the A-plot. The A-plot is

well written and very grounded. The B-plot is also well written and grounded...right up until the halfway point when Freydis is sent to the Vikings spiritual capital of Uppsala. There she receives a vision and encounters the main villain of the story. When Freydis reports this back to the noblewoman she works for she is declared to be the chosen one and assigned to a special combat team of 'shield maidens' who...wait, what? This was supposed to happen? It was her fate? While you're considering the ugly logical implications of this 'fate' let's discuss the shield maiden uniforms. Remember the uniforms of the Wakandan female soldiers from Black Panther? Good. That's what they look like. Let me sarcastically assure you that this doesn't look at all ridiculous in a show set in the dark ages, nor does it do anything to undermine the credibility of these characters. I'll also take this opportunity to point out the complete and total absence of slaves in **V:V**. I understand that this is a medieval fantasy story and not a referendum on social justice, but the Vikings were famous for having slaves. Unfortunately, if you include that in the series then the core characters are no longer 'good guys' and it's real, real hard to enjoy the show. Hard, but not impossible. Watch the HBO series 'Rome' to see what I mean.

My other gripe is the inconsistent pacing. In **V:V** the importance the pacing imparts to certain events sometimes contradicts common sense. An evil Viking nobleman kidnaps the Queen of England's children to use them as leverage. It has the look and feel of a major plot point. But then they get rescued 10 minutes later, with zero difficulty. It's not completely pointless because this event sets up much of the drama in the season's second half, but it is bad for the audience because from that point onward the tempo of the show can no longer be trusted to signal the importance of what's happening on screen.

Even with all of these gripes I found the overall product solidly put together and I wound up mostly enjoying it. It's a solid B+ but it never gets any higher than that. Watch it for a snack between seasons of a series you actually care about.

Mental Health: You Are Not Alone!

By: Sara Loft

According to Mental Health America, nearly 1 in 5 American adults will have a diagnosable mental health condition in any given year. Is it important to focus on your mental health just as much as your physical health? The answer is, yes!

When your mental health is ignored, your physical health could deteriorate and increase your risk for hypertension (or high blood pressure), diabetes, heart failure, stroke, and more. Your mental health unmanaged could additionally put a damper on your relationships, your work performance and/or even your academics.

Sometimes, life is overwhelming and turbulent. The birth of a child, a veteran struggling after military service, or Covid isolation can all cause you to experience a mental condition. It is okay to seek help when needed. Luckily, there is professional help available. Be sure to schedule a visit with your primary care physician who can help you get the care you need. They can refer you to the level of care that is appropriate for what you are experiencing. Managing your mental health goes hand in hand with your physical health. Also, it helps to be as informed as possible. If, at first, you don't feel comfortable telling a stranger or counselor what you're experiencing, there are plenty of self-help books (at your local library or bookstore) that might help you on the road to recovery. But it is most important to reach out for help and realize you are not alone.

Tips For A Healthier, Happier Lifestyle:

1. Do not be afraid to contact your primary care doctor. They are your best resource for beginning to manage your condition.
2. Understand your symptoms by listening to what your mind and body are trying to tell you.
3. Do some form of exercise. Take a walk around your neighborhood. You might find a new friend while increasing less tension and stress in your life.
4. Break the stigma. Speak in positive affirmations to yourself, such as, "I am different and I am proud!" or "I am stronger than they think I am!"
5. Express yourself. Talk to someone you can trust when feeling troubled. There is always someone that can help you deal with any issues you may face.
6. Develop a new skill or hobby. Learning something new might increase a happier state of mind. It could be taking up an art class, get involved in a hiking trail, or learn how to cook healthier meals that makes you feel good inside.

Remember that help is available to you and mental conditions are manageable when properly treated.



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Activity Corner



Crossword Puzzle

M P L A W N
A I P O F M
Y F R E S H
R G R A S S
A M E P D P
I O W U H R
N O O R P I
G L L S U N
C B F L A G

Words

FLAG CLOUDS MAY
SPRING BLOOM FRESH
FLOWER RAIN GROW
SUN GRASS LAWN





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WNY Medical believes our patients come first.

That's why we have 11 neighborhood locations throughout WNY to deliver high-quality, comprehensive medical care close to your home.

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