

DeFeet.Org Newsletter

Hope is alive; your story is not over.



Know the Board

Growing up I was disconnected from those around me due to traumatic events. Now one of my passions is to be a part of breaking down the walls that end up dividing us.

In our current era, I have observed those walls, are called personal and group differences.

Rather than using those differences to separate us, we can use them to promote learning between people, help us build empathy with others, even using the differences to open our hearts to those who have not had similar situations, yet who want to learn, giving us the chance to share and educate them. In turn, we can educate ourselves, and be open to a wider range of opportunities.

Daniel Whittaker

Voice from the Community

A voice from a citizen on Mental Health and Recovery

We might not know it as a community or as an individual, but the dismissal of the ability and recovery of an individual has just a powerful impact if not more, on our community, like the crime of a person or group of people. Recovery depends on willingness of the individual and community, but not on one more than the other.

We cannot force change or is it good to keep someone where they are by force, but we can give the tools and opportunities to other who want them.

Well-Being Group

Thoughts and Ideas for the Upcoming Well-Being Group

Although the group is not currently meeting, we want to encourage you with a small part of what we are doing.

What are some constructive ways to cope with a type of stress for you? First: what is constructive for you? Second: what is a stressful thing for you? For me, constructive is a way to let go of the stress effecting my body, and it helps me to find a number of ways to deal with the situation. Secondly, money can be a stress thing! To answer: knowing how money effects me helps me to change my view of it and myself." -Daniel (Well-being Group Coordinator)

Looking Forward

Future DeFeet.Org Events

Although current social situations are holding back events, we will begin our public events and Well-Being Group when the opportunity arises.

Until then...

We encourage you to reach out to others, not only for help but to be a listening ear; a huge part of recovery both personally and socially.

Inspirational Web

"Recovery is about progression not perfection."

-Unknown

Inspirational History

"If someone tries to take control of your body and make you a slave, you would fight for freedom. Yet how easily you hand over your mind to anyone who insults you. When you dwell on their words and let them dominate your thoughts, you make them your master."

-*The Manual: A Philosopher's Guide to Life, Epictetus*; A New Rendering by Sam Torode