



Depression and Bipolar  
Support Alliance

Colorado Springs  
Chapter

# The Initiative

Newsletter of the Depression and Bipolar Support Alliance  
of Colorado Springs, CO - Vol. 25, No. 2 – Fall/Winter 2019

## Taking Charge of My Health and Speaking Out!



### Change Direction Jam, October 10 & 11

A Global Conversation on Mental  
Health Culture Change

“This Global Conversation will bring together thought leaders, change agents, advocates, policy makers and those with lived experience to share ideas, successes and challenges as we work to change how we think about and respond to mental health challenges, mental illness and substance use disorder.”

“This shift will ensure that more resources will be devoted to understanding and addressing the mental health conditions that affect 1 in 4 of us. It will ensure that new techniques, treatments and opportunities are explored and developed so that those in need receive care that works for them.”

“In order to achieve our goals, we must raise our voices together. This is an opportunity to raise our virtually voices together, from the comfort of our own homes, offices or coffee shops to effect change. Join us to Change Direction!”

#### What You Need to Know About the Global Conversation?

- Everyone is Invited
- It's an Online, Virtual Conversation

#### Join the Conversation from Anywhere in the World and Whenever you are Awake, Alert or Inspired!

- It's Free
- It's 2 Days Long: Pop In and Out as Much as You Like!

#### All Conversations Will Remain Open Throughout the Two-Day Event. Join Mental Health Discussions Covering:

- Culture & Access Barriers
- Education & Suicide Prevention
- Policy
- Trauma
- Work Environment

“As a participant YOU can start conversations, review comments and post replies, take polls, follow topics of interest, as well as share and discuss emerging ideas!”

**Register Today!**

**Go to: [www.changedirection.org](http://www.changedirection.org)**

Source: <https://www.changedirection.org/>

### Together We Can Spread the Word

Following are some upcoming outreach opportunities when you can help spread the word about how DBSA Colorado Springs is serving the community!

#### Peak View-Jason Foundation

Tuesday, Oct. 1, 5:15 PM—8:00 PM

Rocky Mountain Classical Academy

(Last year over 300 attended this program supporting suicide prevention.)

#### 5 Health Fair: Mission Medical Center

Saturday, October 5th: 8 AM to noon

(For many years, DBSA-CS has participated in their health fairs to inform the community about our free self-help support group meetings and other programs.)

#### First Congregational Church

Sunday morning, October 6th: 8 AM to 11AM

(In gratitude for the \$4,000 grant received from this church, we are happy to participate in their Mission Fair, informing congregants about how DBSA-CS serves the community.)

#### 5 Health Fair Mt. Carmel Veterans Service Center

Saturday, November 9th: 8AM to noon

#### 46th Annual Addictive Disorders, Behavioral Health and Mental Health Winter Symposium

Saturday, January 25 through Wednesday, January 29, 2020

All day, 5 days at the Hotel Eleganté, 2886 S Circle Dr, 80906

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## **So You Want to Volunteer!**

*No Experience? - That's OK! - Will Train!*

- **Leadership and Governance:** Develop, chart, and oversee Chapter goals!
- **Support Group Facilitator & Facilitator Back-up !**
- **Resource Center Staff:** Great opportunity to expand your knowledge while helping others!
- **Newsletter:** Original contributions welcomed!
- **Community Outreach:** Help open the door to those seeking the kind of support we have to offer!
- **PR & Media Committee:** Help get the word out about who we are, upcoming special events, and activities. Enhance our social networking!

**For more information call 719-477-1515 today!**

## **2019 DBSA Colorado Springs Board of Directors**

### **Governing Directors**

Lori Salgado	V-President
David Walton	Secretary/Advisory Director
Sia Fallahi	Treasurer
Bridget Ballard-Cummins	
Larry Ritterband	
Riss Valdez	
Tory White	

### **Advisory Directors**

Denise Montañó  
Sean Sackinger  
Theresa Vera

*"We've been there...  
...We can help."*

### **Professional Advisor**

Brian Bain, MD

### **Board Member Emeritus**

Karen Fallahi

DBSA-CS Board meetings are open to all. For information about times and location, call DBSA-CS, 719- 477-1515.

### **Non-Discrimination Policy**

Depression and Bipolar Support Alliance (DBSA)  
of Colorado Springs

DBSA Colorado Springs does not discriminate in any inappropriate or illegal basis including, but not limited to: race, creed, economic status, color, religion, national origin, gender, age, disability (physical or mental handicap), veteran status, marital status, sexual orientation, or gender identity.

## **WHERE TO FIND HELP:**

Any Emergency (Medical/Police/Fire)	911
DBSA Colorado Springs	719-477-1515
Health & Human Services Referral	211
Colorado Crisis & Suicide Hotline	844-493-8255
AspenPointe Crisis Response	719-635-7000



## **Serving the Community since 1994**

Founded in 1994, the Depression and Bipolar Support Alliance of Colorado Springs is a 501(c)(3) nonprofit, all-volunteer organization, independent affiliate of DBSA, the nation's leading patient-directed organization focusing on the most prevalent mental illnesses.

***Our Mission: To improve the lives of people living with mood disorders.***

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On the web at: [www.DBSAColoradoSprings.org](http://www.DBSAColoradoSprings.org)

Phone: 719-477-1515

E-mail: [help@DBSAColoradoSprings.org](mailto:help@DBSAColoradoSprings.org)

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Karen Fallahi  
Wendy Daniels Gillam

SEND YOUR ENTRIES TO ADDRESS ABOVE.  
DEADLINE FOR NEXT NEWSLETTER ITEMS:

**February 20, 2020**

*Views and opinions expressed are solely those of the authors,  
and not those of DBSA Colorado Springs.*

# 5 Simple Tips to Use Exercise to Take on Bipolar Depression

By Lisa Acuña

*Exercising regularly may seem overwhelming, but starting small is among strategies you can use to realize its power in combating bipolar depression symptoms.*

As someone who's been diagnosed with bipolar disorder, as well as anxiety and Attention-deficit/hyperactivity disorder (ADHD), I have found exercise to be important in achieving stability.

Exercise floods my body with feel-good endorphins and helps to improve my mood if I'm grumpy or irritable. It also is a good outlet for my ADHD and helps me to manage my anxiety.

However, I think exercise helps with my bipolar depression the most.

If exercise doesn't come naturally to you, there are some ways you can get started. It can be very hard to motivate yourself to exercise if you're in the midst of a bipolar depression and would rather lie on the couch and vegetate. I am going to provide some tips for "motivating" or tricking yourself into exercising when you're in the midst of a low, or a full-blown bipolar depressive episode.

## 1. Start small

During my last severe depression last winter, I often found it hard to get off the couch.

With the help of my therapist, we set some small exercise goals. I could walk for 10 minutes a day, and I had no excuse since I live in sunny Florida.

Once I started small, I was able to build on the 10 minutes a day, especially as I began feeling better.

## 2. Reward yourself for accomplishing your exercise goals

Even a small reward, like a cookie after dinner, or watching a favorite show on television, can work for me. Just don't have too many cookies. Moderation is key!

## 3. Record your steps and try to gradually increase them each day/week

With the help of my iPhone, I was able to record my daily steps and track them to see how I had done. I now use a Fitbit (which is totally optional), and there are plenty of good pedometers that are less expensive. Tracking my steps helps hold me accountable, and I enjoy seeing my Fitbit celebrate when I've reached my 10,000th step of the day. I still have days when I don't get above 10,000 steps, but I strive to have more days when I do.

## 4. Make a promise to yourself that you'll exercise, even if it's for 10-15 minutes per day

I don't like breaking promises to myself, and I now consider exercise to be part of my mental health regimen, as important as eating healthy is for me.

## 5. Get an exercise "buddy," who could be a spouse, family member or a friend

Exercise with this buddy, and if you're not able to, ask this buddy to help motivate you to exercise when you don't feel like it. Bipolar depression is temporary, though it doesn't feel like it when you're in the midst of it. "This too will pass," as my grandmother used to say.

Exercise has proven to be key to not only elevating my mood when I'm well, but also helping me to feel incrementally better when I'm depressed. It is an important part of my toolbox of resources that I use to stay well. Start where you are, even if it's just working out with your Wii. You don't need a fancy gym membership to get in shape; a simple walk will suffice as well, and the fresh air is an added bonus.

**Source:** [www.bphope.com/blog/5-simple-tips-to-use-exercise-to-take-on-bipolar-depression/](http://www.bphope.com/blog/5-simple-tips-to-use-exercise-to-take-on-bipolar-depression/)

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## Set Off That Runner's High

When it comes to workouts that fight depression, aerobic and cardio exercises have the edge. "To date, the strongest evidence seems to support aerobic exercise," says David Muzina, MD, the founding director of the Cleveland Clinic Center for Mood Disorders Treatment and Research.

While the correct "dose" of depression-fighting exercise is up for debate, some experts recommend 20 to 30 minutes most days of the week. A recent review of numerous scientific studies found no association between the intensity level of the exercise and its emotional benefit — so simply moving more is a great start.

Ever heard of runner's high? "The most tangible example of exercise stimulating certain brain chemicals is the runner's high that many athletes report experiencing once crossing a certain threshold of exertion while running," explains Dr. Muzina. That euphoria is due to the release of endorphins in the brain in response to the sustained physical activity.

"Endorphins are our body's natural morphine and, when released by special glands in our brains, they can produce a sense of well-being or joy and also decrease pain levels."

**Source:** [www.everydayhealth.com/depression-pictures/great-exercises-to-fight-depression.aspx](http://www.everydayhealth.com/depression-pictures/great-exercises-to-fight-depression.aspx)

# Bipolar & Diet: 6 Foods That Fight Inflammation

By bp Magazine

*Bipolar disorder has long been linked to chronic inflammation. One of the biggest culprits to this underlying state, experts say, is nutrient imbalance and poor diet. Here's your go-to list for the best anti-inflammatory foods:*

## #1 Olive oil

Extra virgin olive oil contains phenolic compounds—36 of them in total—which have powerful, natural anti-inflammatory benefits. One natural polyphenol in particular, called oleocanthal, has been shown to work similarly to anti-inflammatory drugs like ibuprofen. Also, the Mediterranean Diet, which is rich in extra virgin olive oil, has been found to lower the risk of chronic disease.

## #2 Nuts

Nuts are an excellent source of healthy monounsaturated and polyunsaturated fats, but contain little saturated fat—which means they have a major anti-inflammatory effects. Adding to the anti-inflammatory benefits of nuts, some types—like almonds, walnuts, hazelnuts, and pecans—are loaded with vitamin E, which protects the body from the harmful effects of free radicals. Free radicals are reactive molecules within the body that can cause a variety of diseases like arthritis, heart diseases, and hypertension, among many others.

## #3 Fatty fish

An excellent nutrient shown to lower chronic inflammation is omega-3 fatty acids. Fish contains two types of omega-3 fatty acids—EPA and DHA—which have significant anti-inflammatory effects. To incorporate this omega-3 rich food into your diet, look for wild-caught salmon, mackerel, tuna and sardines at the grocery store—all are great sources of EPA and DHA. For maximum health benefits, aim to eat 3- to 6-ounce servings two to four times a week.

## #4 Fresh fruits

Quercetin is an antioxidant that stands out among other polyphenols (special chemicals found in plant-based foods) as an especially strong anti-inflammatory agent. This flavonoid is found in citrus fruits, apples, and dark-colored berries (like blueberries and blackberries). In fact, recent scientific studies have analyzed the efficacy of quercetin as a dietary aid in managing various inflammatory diseases, like irritable bowel syndrome. Also, depending on where you get your quercetin, there could be added benefits. Blueberries have also been found to slow cognitive decline and improve motor function.

## #5 Green leafy vegetables

Green leafy vegetables, such as spinach, kale, collards, and bok choy, contain high amounts of natural antioxidants and polyphenols—which are protective compounds found in plants. Research has shown that swiss chard is extremely high in Vitamin A, C, and K, which can protect your brain against damage from harmful free radicals.

## #6 Spices, such as curcumin

Spices like ginger, curry, and turmeric are all linked to fighting chronic inflammation in the body. Bioavailable curcumin, the active ingredient found in turmeric, is “one of the most potent anti-inflammatories in nature” and is commonly used to help treat arthritis and diabetes. Other beneficial spices include ginger, cinnamon, and garlic.

Source: <https://www.bphope.com/bipolar-buzz/bipolar-diet-foods-that-fight-inflammation/>

### DBSA-CS Veterans Support Group

*“I found a group of people with the same problems and experiences as my own. It feels less lonely. We have a good group with a great brotherhood.”*

*“It gives me a comfortable place to openly vent about anything veteran or non-service related.”*

*“The camaraderie and fellowship with other veterans”*

*“It is great having a place to go on Monday evenings and be able to talk to people who understand what I am going through and give support.”*

**“Together We Can Spread the Word”** *cont'd from Page 1*

DBSA Colorado Springs' volunteers have participated in numerous local fairs and symposiums; presented at schools and at all three psychiatric hospitals for over 20 years.

### Want to be part of Spreading the Word?

Contact Larry Ritterband, 719-439-8969 for questions or to volunteer

# Bipolar Depression—Hope Floats

By Chris Swingle

*Nurturing the belief that things get better buoys your recovery.  
The good news: It's a skill that gets stronger with practice.*

The extremes of depression and mania are powerful. But so is hope, which shines a light revealing that the way things feel now isn't permanent and that people with bipolar disorder can draw on strengths, coping strategies, and other people for help.

Julia of Ohio, who was diagnosed with bipolar disorder 23 years ago, draws hope from reminding herself that a relative's bipolar episodes always passed and from thinking back to her own good times.

During low points, says Julia, 43, "I remember that I felt better and I was happy. I remember laughing with my children.

She adds, "When you're deep into a depression, hope is the only thing you have."

Feeling hope during a depressive episode may sound like a contradiction in terms, but mental health professionals and people with firsthand experience say there are many ways to hold onto or build hope.

"Some may get hope from their religion, spirituality, past experiences with success and mastery, or from the support and care of loved ones," says Bernard Golden, PhD, a licensed clinical psychologist in Chicago and co-author of *New Hope for People with Bipolar Disorder*.

"Others may have a personality that inclines them to be more optimistic. Whatever its source, generating hope pulls one into the future of possibilities."

People with bipolar disorder say they feel more hopeful when they're doing things that make them feel good about themselves and satisfied with life. That includes fulfilling work, hobbies, planning things to look forward to, and being playful.

The key is finding whatever feeds the feeling that things can change for the better. And it's a feeling that gets stronger with practice, says Anthony Sciolli, PhD.

"Hope is a skill that can be learned, expanded and refined," says Sciolli, a professor of clinical psychology at Keene State College in New Hampshire and co-author of *The Power of Hope*.

In addition to faith, social support and the other wellsprings of hope that Golden cites, Sciolli's book notes the importance of

day-to-day persistence. With bipolar disorder, that means treatment with medication, working on emotional self-regulation, self-care such as good nutrition and exercise, "anticipatory" coping skills that help you notice when mood swings occur, and a reaction plan to deal with episodes.

Research shows that the more coping strategies you know and use, the better, says Sciolli, whose own research focuses on hope and spirituality. He suggests problem-solving skills, prayer, and humor as other helpful tools.

Hope creates a spiral effect that makes it even more powerful. "Embracing hope furthers an openness for commitment to treatment, whether involving medication, psychotherapy, self-help or simply better nutrition and maintaining a beneficial routine," says Golden.

**Source:** <https://www.bphope.com/hope-floats/>

## How DBSA-CS Support Groups Have Helped With My Recovery

*"Reminder to be myself, not my mental illness"*

*"DBSA has kept me out of the hospital for 3 to 5 years."*

*"This group helps one to relate by listening to the stories of others. Gives good perspective to deal with my own problems. There are new people, usually, every Friday to share their situations."*

*"It is so nice to meet other people who understand me and what I've been through and who accept me and my problems!"*

*"Provided me with reference material and places to find help and direction. Taught me that not all is lost."*

*"It got me out of my isolation. I've been coming for four years now!"*

*"It's helpful to connect with people and figure out what meds may be more effective than others."*

*"Community is the key to wellness. The resource center and library are superlative for anybody dealing with recovery."*

# The Importance of a Safety Plan

By Laura Fisher

*It is critical that you and your loved ones craft a safety plan when you are well to protect you when you are not.*

When I am stable, my thinking is clear and the thought of creating a safety plan seems juvenile and unnecessary. However, in the depths of a depressive or manic episode, a safety plan has been crucial in maintaining my personal safety and easing the minds of those who care about me.

## What is a safety plan?

I was first introduced to the idea of a safety plan when I was hospitalized. Honestly, I was annoyed and did not even know what a safety plan was. A safety plan is a plan of action steps I follow to maintain my personal safety during a manic or depressive episode. I have it set out on paper step by step what I need to do based on my mental state. On my plan, I have triggers for depression and mania, a list of warning signs to take note that I'm struggling, and people and places I can call or go to if I am in serious trouble.

## Who needs a safety plan?

I believe anyone who struggles with bipolar disorder can benefit from a safety plan, especially those who deal with suicidal ideation. Bipolar disorder and depression lies to me and changes my perspective on my life. Having a list of people I can and will call if I am struggling has helped me to see a different perspective and have hope things will change for the better.

## What needs to be on a safety plan?

For me, the first thing on my safety plan is a list of warning signs I recognize that my mood is changing. Some examples are poor sleep, irritability, depressed mood, anxiety, impulsive behavior and decreased self care to list a few examples.

The next thing on my safety plan is a list of people to contact when I notice these warning signs. This list of people are my friends and close family, as well as a list of professions who are involved in my care. My therapist and psychiatrist are the professionals I personally have on my plan. The important thing for me is that I actually have the confidence I will call these people if things start to change for the worst. This list can also contain numbers I can call if I am feeling suicidal.

Next are the action steps I can take to improve my mental state. They include things like calling the people on the list from above, taking a walk, taking a nap, going to an AA meeting or other support group, going to yoga, or meeting with a friend for coffee or lunch.

After these action steps I have a list of steps I take if nothing is working and I find myself falling deeper and deeper into my depression and feel my personal safety is at risk. For me, this usually comes with increasing severity and frequency of suicidal thoughts. These steps are going to my counselor, not staying alone, and, if necessary, going to the emergency room.

## Practice your safety plan.

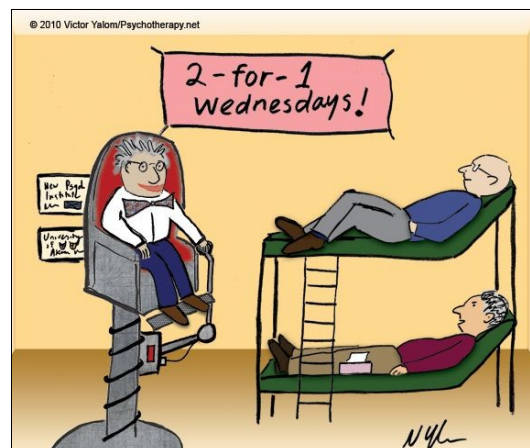
I have found that if you practice calling the people on your safety plan when you are not in crisis, it becomes easier and like second nature to enact these steps when you are in a crisis situation. A safety plan is only helpful if you use it when you truly need it. I was a skeptic at first of writing this information down on paper, but I have found it to be an extremely useful tool when I was in desperate need of direction. My safety plan acts as my blueprint for my actions when my brain is not functioning as it should be. I challenge you to make your own version of a safety plan. It can be lifesaving!

Source: [www.bphope.com/blog/the-importance-of-a-safety-plan/](http://www.bphope.com/blog/the-importance-of-a-safety-plan/)

## "...I Have Come a Long Way Over The Past Year."

*"DBSA has really helped me out when I was in a very low place of my life. It really helps to be in a safe place to talk to people that truly understand, without fear of being judged and just to be able to speak so freely."*

*"I started coming here when I got released from the Fort Carson Behavioral Health Hospital and losing my military career. I have come a long way over the past year."*



## The Initiative

# How Can You Tell When You're Well With Bipolar Disorder?

By April Michael

*Bipolar intimately affects the ways I feel emotion—depression puts them on 'mute' while mania just makes me feel excitement and wonder. But, when I am well, I'm able to experience a full range of human emotions within each day.*

For many people with bipolar disorder, wellness and stability are almost elusive states, something we might remember from our childhoods but something we're afraid we'll never experience again.

As I recovered from my most recent depression, which had lasted two and a half years, I yearned to feel something, anything to remind me that I'm human. I begged my psychiatrist to try a low dose antidepressant. He of course was worried about it sending me into mania. Of course I didn't want to be manic either, but at the time I thought I'd prefer anything to the numbness of depression.

I asked my therapist over and over, "How will I know when I'm well?"

She didn't have an answer for me because the answer to that question is uniquely personal to each of us.

After thirteen years of living with bipolar disorder I can finally say I think I know the answer for myself. I'm sharing it with you in hopes that it will prompt you to recognize when you're feeling well.

**How do I know when I'm well?** The answer for me is a very simple one. I know I'm well when I experience a range of emotions.

**And how do I reach this period of wellness?** The answer again is painfully simple – I sleep and eat in a balanced manner, not too much or too little of either.

**But back to the emotions...**

Depression & mania. Maybe this statement oversimplifies things, but for me it is the clearest sign of my stability. The reason is because when I'm depressed I feel almost nothing. If there are any feelings at all they are anxiety and anguish. But even those tend to dissipate in the depths of a very long depression. Eventually I feel nothing at all and can't understand why anybody in the history of the world ever cared about anything. And then there are the feelings of mania. When I'm manic I feel only excitement and wonder. I have no fear, no anxiety, and no sense of failure or consequences.

**When I'm Well:**

But when I'm well I'm able to experience a full range of human emotions within each day. I generally wake up in good spirits, but I might get frustrated or experience anxiety even before I leave my house. Then throughout the course of my day I'll feel happiness, contentment, excitement, and I can laugh. In the same day I can experience setbacks, loss, sadness, fear, anxiety, and other not-so pleasant feelings. But whether I'm happy or sad or anything in between, I have learned to appreciate my feelings because they are the clearest indication that I am well and that I am being my authentic self.

As a society I think we tend to shy away from negative emotions and insist people always be "positive" and optimistic. But for me that sort of relentless optimism only spells one thing: mania. So when I'm well I notice all my feelings, comfortable and not so comfortable, and do my best to experience them with gratitude.

**What about you? How can you tell when you're well?**

\*\*\*\*\*

**About the author:** April lived undiagnosed with bipolar disorder for ten years until 2013. As a teenager she was diagnosed with depression, anxiety, obsessive compulsive disorder, anorexia, and bulimia. Finally, after a long mania ending in psychosis, she was hospitalized and diagnosed with Bipolar I. This eventually led her to learn as much as she could about her diagnosis. She became an advocate for bipolar disorder and other mental illnesses. April is also a resource person for the National Association of Anorexia Nervosa and Associated Disorders. She earned her Bachelor of Arts in Non-profit Management from DePaul University in Chicago, IL and works as an editor and proofreader.

**Source:** <https://www.bphope.com/blog/how-can-you-tell-when-youre-well-with-bipolar-disorder/>

*"Try to find some form of exercise that gives you joy, something that you find fun. Then work very hard to programming that aspect of it into your brain."*

*"Do stuff that brings joy, focus on that aspect, & also strengthen those associations along with the positive health aspects."*

**Source:** [www.bphope.com/blog/5-simple-tips-to-use-exercise-to-take-on-bipolar-depression/](http://www.bphope.com/blog/5-simple-tips-to-use-exercise-to-take-on-bipolar-depression/)



## Anxiety: 6 Ways to Reduce Stress & Get Back to Yourself

When we get caught up in negative thought loops and anxiety, we lose that spark that makes life fun. Here are some suggestions to help us show up for ourselves, loosen the grip of anxiety, and leave our overwhelming stress behind us:

**Feel the Appreciation.** It's one thing to write in a gratitude journal each morning or have grateful thoughts throughout the day, but it's even more beneficial if your emotions are tied with your thoughts. For example, if you're feeling blessed for something someone has done for you, bring that person to your mind's eye and then relive the emotions of how it made you feel.

**Show Compassion For Others.** Do something for other people. When we're focused on being kind for someone else we can't focus on our own stressors or negativity. Doing something for others needn't be elaborate: send an eCard out of the blue or invite someone to coffee. When we are charitable to others it releases feel-good hormones.

**Soothe Your Soul.** Try to do something good for yourself every day. It can be something small, like taking the time to read a little every day, or treating yourself to that book you've wanted or it can even be packing up a picnic for one and heading to the park. Make time for yourself and really pamper your soul—without feeling guilty.

**Calm Your Mind.** Sometimes all we need is a distraction from the stressors of everyday life. Some find it relaxing to watch home renovation shows on TV, while others grab a pen or pencil crayon and start doodling. And for those who have trouble with racing thoughts during mindful exercises, there are some wonderful 10-minute guided meditations that you can boost self-confidence or calm your nerves.

**Laugh Out Loud.** It's something that gets overlooked and can be an afterthought but when you set an intention to find something funny every day it really works. One suggestion is to have a folder set up on your computer desktop where you drop all the funny things you've come across or others send you (videos, images, jokes) and it's there when you need it.

**Get Social.** Connection to others is critical, and not just as a support system, but also for our sense of self. Cultivating positive relationships is not only good for us, increasing our self-esteem, it also makes us more resilient and able to deal with challenges easier. Ask a friend out for coffee, visit family or even converse with others online.

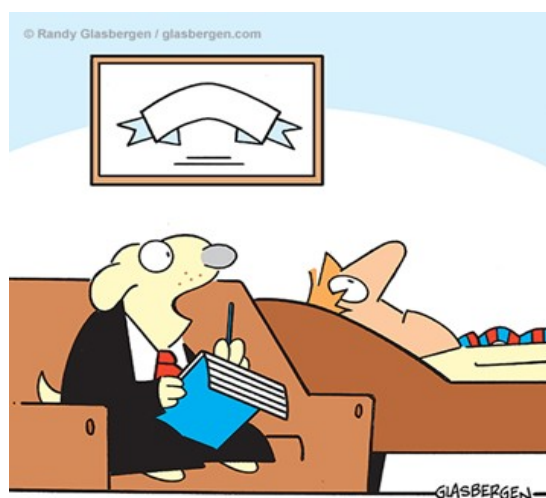
**Source:** [www.bphope.com/bipolar-buzz/bipolar-life-how-to-get-back-to-yourself/](http://www.bphope.com/bipolar-buzz/bipolar-life-how-to-get-back-to-yourself/)

### *Embrace Nature*

Go outside. Get some fresh air—just getting outside of your own four walls can be a good thing. Social worker, Judy Eron, suggests that being active, raising your heartbeat—especially outdoors—can produce changes that can lift your mood and stave off depression.

"Maybe you start by sitting on your front steps, then you work your way up to taking a brisk walk around the block."

**Source:** from [www.bphope.com/bipolar-buzz/7-life-changing-tips-to-dodge-bipolar-depression/](http://www.bphope.com/bipolar-buzz/7-life-changing-tips-to-dodge-bipolar-depression/)



"Run around the house with a sock in your mouth for five minutes a day. Trust me, it will put you in a better mood."

### **...More Input from DBSA-CS Support Group Members...**

*"The Tuesday Family and Friends group has been a tremendous help! I feel lost without it."*

*"It's been helpful to share thoughts with people who have been through similar experiences."*



## ANNOUNCEMENTS, *Special* EVENTS & *Other* ACTIVITIES

### *Upcoming Social Activities!*

#### Annual Halloween Pizza Party

**Friday, October 18, 2019**

6:30pm – 8:30pm, Hillside Community Center  
DBSA providing pizza, salad, & drinks

And.....

#### Annual December Holiday Party

**Saturday, December 14, 2019**

6:30pm – 8:30pm, Hillside Community Center  
White Elephant Gift Exchange – Dessert Potluck

**All DBSA folks, family, & friends invited!**  
**For more details, call 719-477-1515**

### **Hey, this Sounds Great!**

- **Sparking Life Pikes Peak Road Runners:** Runs are structured with coaches that are dedicated to giving help with running, from beginners to advanced abilities. PH: 719-598-2953
- **Peak Bowl**, 2861 N. Prospect St.: DBSA-CS Support Group Members **bowl for free, 3-5 PM, Fridays!** No bowling shoes? They'll be provided; just bring socks!
- **Fine Arts Museum**, 30 W. Dale Street: **Two free admission days** every month: 3rd Fridays and 2nd Saturdays, 10:00 AM—7:30 PM.
- **DBSA-CS**, 2132 E. Bijou Street, Tuesday, Wednesday, and Thursday, between the hours of 10:00 AM and 3:00 PM. We have a great library you can relax in while reading a book or magazine. We also have an "Activities Room" full of hobby ideas and board games.

### ***Hospital Outpatient Visitation Opportunity***

**You can give more than hope alone!**

You can let people know about our  
free self-help support groups.

**To volunteer in this worthwhile program,**  
**contact Karen Fallahi, 719-649-6714 *today!***

### **Wow!! Did You Know About These two Easy Ways You Can Support DBSA-CS?**

Did you know that DBSA Colorado Springs has a unique **AmazonSmile** link that makes it easier for you to find and support our organization? DBSA-CS will receive a contribution from Amazon of 0.5% of your purchases.

**Think Holidays, Weddings, Birthdays  
and Special Anniversaries**



**So, what is our organization's unique link?  
Here it is:**

**[smile.amazon.com/ch/84-1305365](https://smile.amazon.com/ch/84-1305365)**

**...and, how about:**

### **King Soopers Neighborhood Rewards Program!**



Sign into KS account at <https://www.kingsoopers.com>. This takes your email and password to get into your King Soopers account. Also, have your registered phone number or hang tag 12 digit number handy. Click on Savings and Rewards, scroll down to the bottom item in the drop-down list, Community Rewards, and click it. It'll take you to <https://www.kingsoopers.com/topic/king-soopers-community-rewards>. Click Enroll Now. On next screen, type in either:

Organization Name: DBSA Colorado Springs  
or  
Organization Number: RV771

**You will then get a screen that says  
you are enrolled!**



## DBSA COLORADO SPRINGS and PUEBLO SUPPORT GROUPS

The following Groups meet at DBSA Colorado Springs,  
2132 E. Bijou St., Suite 112.

**Veterans Group:** open to active, retired, & former military with mood disorders, having served any amount of time — regardless of discharge. Meets 7:00 PM, Mondays

**Women's Morning Group:** for women with mood disorders. Meets 11:30 AM, Tuesdays

**Young Adults & Teens Group:** for those 15-26 with mood disorders. Meets 7:00 PM, Tuesdays, Room 233 Upstairs. **Note: Release of Liability required for teens under the age of 18.**

**Family & Friends Group:** for family, friends, husbands, wives of people with mood disorders. Meets 7:00 PM, Tuesdays

**Adults Evening Group:** for adults 18 and over with mood disorders. Meets 7:00 PM, Wednesdays

**Adults Dual Diagnosis Group:** for adults with mood disorders and substance abuse issues. Meets 7:00 PM, Room 233, Upstairs, Wednesdays

**Adults Afternoon Group:** for adults 18 and over with mood disorders. Meets 1:00 PM, Fridays

The following Group meets in the John and Catherine Smith  
Room, Senior Center, 1514 North Hancock.

**Later Life Group:** for older adults with depression or bipolar disorder. Meets 12:30 PM, Wednesdays

The following Groups meet at St. Francis Medical Center,  
southwest of Woodmen & Powers Blvd.

**Adults Evening Group:** for adults 18 and over with mood disorders. Meets 7:00 PM, Meeting Room 4, Wednesdays

**Young Adults & Teens Group:** Ages 15-25 with mood disorders. Meets 7:00 PM, Meeting Room 5, Mondays. **Note: Release of Liability required for teens under 18.**

The following Group meets at Parkview Chemical Dependency  
Unit, 58 Club Manor Dr., Pueblo, CO

**Adults Evening Group:** for adults 18 and over with mood disorders, 7:15 PM, Mondays

### Other Local Support Groups of Interest

**NAMI Colorado Springs.** Free support groups for family members & Peers; educational classes. For times & locations: 719-473-8477 or [www.NAMIColoradoSprings.org](http://www.NAMIColoradoSprings.org)

**Suicide Prevention Partnership:** Free Support Groups for adults and adolescents who have thoughts or actions toward suicide; groups for children left behind by suicide, and for family members of attempters. For more information about these groups, please call 719-573-7447. Information is also online at [www.pikespeaksuicideprevention.org](http://www.pikespeaksuicideprevention.org).

For more information, please visit our website, [www.DBSAColoradoSprings.org](http://www.DBSAColoradoSprings.org), see [facebook.com/SpringsDBSA](https://facebook.com/SpringsDBSA), call DBSA Colorado Springs, 719-477-1515, or contact us by email: [help@DBSAColoradoSprings.org](mailto:help@DBSAColoradoSprings.org)

### DBSA Colorado Springs Membership & Donor Information Form

Please use this form to become a contributing member of DBSA Colorado Springs, or to renew your membership, or to change your contact information, or to make a donation in any amount.

**Dues**            ☐ Individual - \$20            ☐ Family - \$35            ☐ Professional - \$75            ☐ Corporate - \$150  
**Check All**       ☐ New Member (12 month membership)            ☐ Renewing Member            ☐ Donation \$ \_\_\_\_\_  
**That Apply**    ☐ Change of Name, Address, Phone, or e-mail            ☐ I would also like to volunteer my time and/or services  
**I'd like to receive The Initiative Quarterly Newsletter by:**            ☐ Email    ☐ US Mail

NAME \_\_\_\_\_ Date \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_ EMAIL \_\_\_\_\_

TOTAL ENCLOSED \$ \_\_\_\_\_ IN MEMORY/HONOR OF \_\_\_\_\_

Please make your check payable to DBSA Colorado Springs and mail it to:  
DBSA Colorado Springs, 2132 E. Bijou St., Suite 112, Colorado Springs CO 80909

**Donations may also be made at [DBSAColoradoSprings.org/Donations](http://DBSAColoradoSprings.org/Donations)**

*All donations are tax deductible as provided by law. DBSA Colorado Springs does not share its membership list.*