



Depression and Bipolar  
Support Alliance

Colorado Springs  
Chapter

# The Initiative

Newsletter of the Depression and Bipolar Support Alliance  
of Colorado Springs, CO - Vol. 26, No. 2 – Jan/Feb/Mar 2021

**We're Still Here—Going with the Flow in 2021**

## DBSA-CS Announces Administrative Operations Move

Located at 1586 S. 21st Street, in the beautiful  
Gold Hill Plaza Professional Building.

The Depression and Bipolar Support Alliance of Colorado Springs Colorado Springs is pleased to announce it has just recently moved to a new location. With increased inquiries about our Zoom support group meetings, ongoing programs, and other support available in the community, the new office will also be serving as our chapter's home base.

DBSA Colorado Springs is now located at 1586 S. 21st Street, Colorado Springs, CO 80904. There are no open visiting hours at present; however, if you'd like to come by, feel free to call our Office Manager, Jeff Venable, 719-477-1515, to make an appointment.

## DBSA Online Support Groups: An Important Way to Stay Connected with Others!

### As reported in the 2020 spring/summer issue of The Initiative:

In response to the need for social distancing in order to slow the spread of the COVID-19 virus, DBSA Colorado Springs suspended its regular support group meetings since last March. The well-being of all Attendees, Facilitators, Staff, and other Volunteers is central to our purpose and remains our top priority as we respond to the current global health challenge. The good news, however, is that there are still ways you can reach out for help and support.

DBSA-CS is hoping to reinstate in-person meetings sometime later this spring, but in the meantime is continuing to offer free, confidential online Zoom support group meetings. To join, please call the DBSA-CS office, 719-477-1515, or email, [help@DBSAColoradoSprings.org](mailto:help@DBSAColoradoSprings.org). In addition, you may request to be added to a group email sent out with notifications of additional support. *This is a confidential listing and will not be shared!*



## DBSA–CS Annual Membership Meeting Saturday, January 16th

### Schedule:

Board of Director's Meeting: 12:00 PM,  
Annual Membership Meeting: 2:00 PM.

It will be held via Zoom this year, and you're invited!

This is your chance to meet the new board, learn about the challenges DBSA-CS faced in 2020, and how our chapter unitedly rose to the occasion, filling critical needs and implementing new tools to meet the changing times head-on. You will also have the opportunity to share your own ideas and make recommendations. Your input is valuable.

Please mark your calendar today! Call DBSA-CS Office Manager, Jeff Venable, 719-477-1515, to be added to the list of attendees. You will receive a link to the meeting at least two days in advance.

DBSA Colorado Springs, a 501(c)(3) non-profit organization founded in 1994, is an award-winning independent affiliate of the Depression and Bipolar Support Alliance (DBSA), one of the nation's leading national organizations focusing on the most prevalent mental illnesses, depression and bipolar disorder.

The Coronavirus continues to disrupt life as we have known it, and the current atmosphere permeating our society adds to uncertainty; but rest assured that DBSA Colorado Springs is here to stay, offering free self-help peer support groups, facilitated by trained staff who themselves are peers. We are strong. We are resilient. And we are here to make a difference in the lives of people living with mood disorders.

### Inside this Issue

This is Temporary-Finding Peace in Overwhelming Times ...3
Bipolar and the Healing Power of Music .....5
The Initiative Newsletter Going Digital? .....6
Focus on the Present to Combat Obsessive Thoughts and Fears about the Future .....7
Bipolar & Recovery: Doing Good to Feel Good .....8
Announcements, Special Events & Other Activities .....9
DBSA-CS Membership & Volunteer Form .....Backside

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

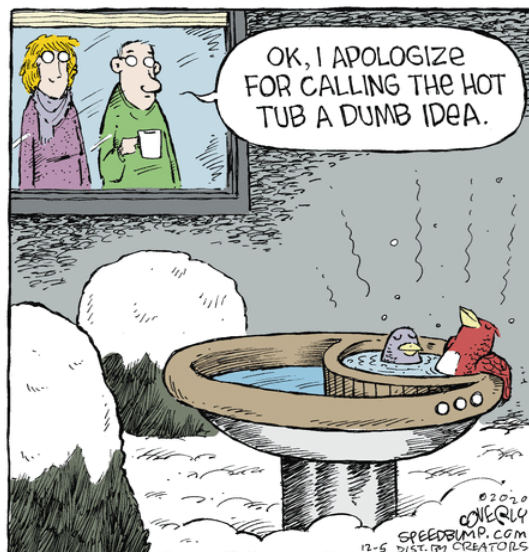
***No Experience? - That's OK! - Will Train!***

- **Leadership and Governance:** Develop, chart, and oversee Chapter goals!
- **Support Group Facilitator & Facilitator Back-up !**
- **Newsletter: Newsletter Editor Position Open!**  
Call 719-477-1515. Apply Today!
- **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  
or email [help@dbcoloradosprings.org](mailto:help@dbcoloradosprings.org) today!**

## **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



## **2020 DBSA Colorado Springs Board of Directors**

### **Governing Directors**

Larry Ritterband    President  
David Walton        Secretary  
Sia Fallahi          Treasurer  
Bridget Ballard-Cummins  
Rhonda Greder  
Sean Sackinger  
Lori Salgado  
Marissa Valdez

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

Board Member Emeritus  
Karen Fallahi

### **Professional Advisor**

Brian Bain, MD

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.

## **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.***

**The Initiative** is published by DBSA Colorado Springs  
2132 E. Bijou St., Colorado Springs, CO 80909

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

Phone: 719-477-1515

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

### **Retiring Editor:**

Karen Fallahi

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

**March 15, 2021**

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

# This Is Temporary—Finding Peace in Overwhelming Times

By Carrie Cantwell

Last Updated: 30 Sep 2020

With bipolar, my mood can fluctuate between the extremes of mania and depression, and my thoughts often follow an all-or-nothing pattern, too. In times of high stress, it's easy to convince myself things will never get better. The good news? I don't have to believe myself.

## Unhelpful Thought Patterns

I, like many others, have been feeling overwhelmed and hopeless in the midst of our current global health crisis. My life has changed so dramatically, it's been hard to see a way out. I keep catastrophizing, thinking:

"Are we ever going to get back to the way things used to be?"

"If so, when?"

"Will things change forever?"

"If so, what will this new world look like?"

"Will it be better or worse than before?"

Sometimes, the idea that society could ever get back to "normal" seems like a pipe dream.

Because of my bipolar disorder, I struggle with negative, intrusive thoughts and all-or-nothing thinking. I've been a victim of my own black-and-white view of the world time and again. The words "always" and "never" have been firmly cemented in my vocabulary for a long time.

When I was diagnosed in my twenties, I was terrified it meant I was broken, and I was convinced there was no hope for repair. I was bombarded with persistent internal messages like, "I'll never find medication that works" and "I'll always be sick."

I was wrong. But, at the time, those were my thoughts, so, naturally, I believed them.

Now I know that this kind of distorted thinking is untrustworthy, incorrect, and downright dangerous. That's why I refuse to believe everything I think, especially right now.

## Making a Mantra: "This Will Pass."

I recently wrote about managing my mental health during these anxious times. The most useful tool I've found for weathering this crisis has been reminding myself that this is temporary. Some days I must constantly repeat the mantra, "This will pass"—even when it feels like it will go on forever. This coping strategy has brought my stress levels way down.

## Mania, Depression, and a World of Absolutes

My brain is wired to see the world in terms of absolutes. In my manic episodes, I become a fortune teller, confident that I know

exactly what the future holds. It's always bright, perfect, and exactly as I want it to look.

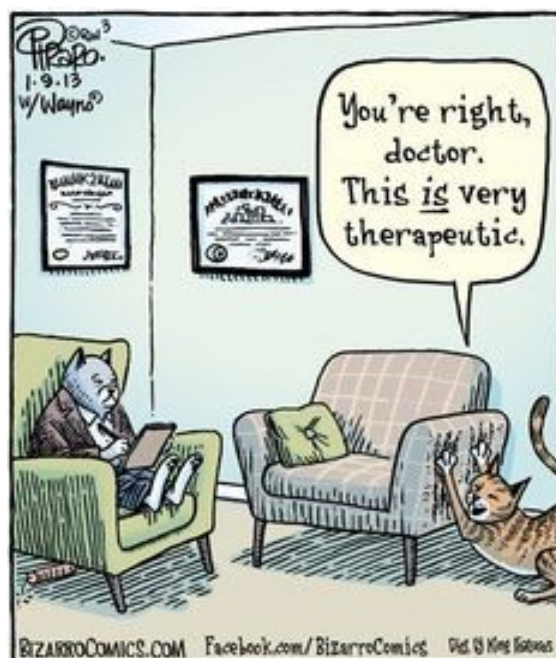
I've had severe depressive episodes that, at the time, felt endless. I've almost drowned in thoughts like "I'll always feel this way." Dangerous thoughts can lead to dangerous actions, so I've trained myself to remember that just because I think something, that doesn't mean it's true. By learning to challenge the messages in my head, I can prevent the snowball effect of negativity and rumination that can lead to catastrophe.

## Mania & Fortune-Telling

In 2019, when the Marie Kondo craze hit Netflix with Tidying Up with Marie Kondo, I gobbled up every episode in a few binge-watching sessions. I was mesmerized by the idea that I could achieve a sense of calm serenity in my life simply by getting rid of material possessions I no longer needed. I promptly emptied out my kitchen cabinets, my dresser drawers, and my bathroom sink, throwing away anything and everything I just knew in my gut that I'd never need again. A little voice in my head kept egging me on, "You will NEVER use this again, so why keep it?" I thought I could predict the future, and it would never change. I was manic.

Looking around my newly sparse surroundings, I felt an immediate sense of relief. A few days after my purge, though, I panicked. I realized I'd tossed a bunch of things I actually did need.

—Continued on page 4



2020....

I'd thrown out one of two frying pans I owned, figuring one was enough. Then I found myself floundering while cooking. And I'd donated a formal dress I swore I'd never wear again ... until I got an invitation to a friend's wedding. I realized, too late, that my bipolar mind had tricked me, and I had fallen for it.

### **Balancing Monotony, Variety, & Consistency for Bipolar Stability**

In the early 2000s, I worked at a computer company. My job, although stable, was monotonous. I finished my weekly tasks by Tuesday afternoons each week. I craved mental challenges, of which I had few. I sat at my desk every day, trying to think of projects to assuage my boredom. I convinced my supervisor to let me take some career-advancement courses, but I still couldn't shake the gnawing feeling that every day would be the same as the one before, and the one after. It was strange, because although I normally saw the world in absolutes—as all-or-nothing, never and always—thinking in terms of permanence when it came to this job was too much to handle. I couldn't stand it, and after six years, I left.

I changed professions. I knew I'd never be truly happy unless I could be creative every day. I went back to school, got another degree (this time in fine arts) and became a graphic designer. I got a job on a movie set only a year after leaving my corporate grind, and I've been happily employed in the film industry for over 15 years. Aside from my cherished freedom to be creative, one of the best things about my career is being a freelancer. Each job is different. I have new bosses and coworkers on each show. I design unique graphics for every set. No two days are the same. Part of why I'm so happy in this role is precisely because everything about my day-to-day is temporary.

Don't get me wrong, my best friend and I have been close since 1986. My boyfriend and I have known each other for 22 years, and we've been happily living together for six. I need stability and consistency in my life when it comes to personal things like close relationships, and routine at home. Jobs, on the other hand, aren't always wonderful. I've encountered my fair share of stressful movie sets. I've even found myself in a couple of toxic work environments. But I can handle almost anything—no matter how bad it is—when I can see light at the end of the tunnel.

### **I Don't Have to Believe Everything I Think**

In these times of unprecedented uncertainty, I've pictured myself stuck inside my house for years, or worse. I've imagined perpetually empty grocery-store shelves, permanently closed businesses, and never-ending Zoom chats with friends

**As bad as it was, I  
learned something about  
myself. That I could go  
through something like  
that and survive.**

NICHOLAS SPARKS



and family because I don't know when it will be truly safe to go out again. But those visions in my head aren't reality.

Yes, things are tough at the moment, for everyone. But now that I know my mind plays tricks on me, I can tell myself (over and over again if necessary): My thoughts are just that: thoughts. They're not absolute truths, and they're not future predictions. I do not have a crystal ball just because it sometimes feels like I do.

### **Finding Hope and Peace in Impermanence**

Just like the weather, the stock market, and even allergies can change, this worldwide disruption of our lives will change, too. There is a bright light at the end of the tunnel. Life may go back to the way it was before. Things could even end up better:

- More people are seeing class inequality around us, which is the first step toward positive change and social justice.
- Because the current healthcare system's flaws have been exposed, government officials are addressing it in a new way, and it can be fixed.
- Now that we can measure exactly how dramatically driving our cars less has helped the environment, we know we can prevent climate change.

Because I know this is temporary, I can sleep at night, and I can face another day.

**Source:** [www.bphope.com/blog/finding-peace-overwhelming-times-mania-depression-negative-thinking-bipolar-management/](http://www.bphope.com/blog/finding-peace-overwhelming-times-mania-depression-negative-thinking-bipolar-management/)



# Bipolar & the Healing Power of Music

By Karl Shallowhorn

Last Updated: 15 Jun 2020

Throughout my life—especially during my ups and downs with bipolar—music has remained naturally therapeutic for me. I can turn to it any time I need a mood adjustment.

*“A tired mind become a shape-shifter  
Everybody need a mood lifter  
Everybody need reverse polarity  
Everybody got mixed feelings  
About the function and the form  
Everybody got to deviate from the norm.”*

**—RUSH, “Vital Signs”**

Today is a special day. Not only is it my birthday, but I’m also traveling to Toronto, Canada, to see my all-time favorite band, RUSH, as they celebrate 40 years of performing together. I’ve been listening to their music for over 35 years, and, over this period of time, I have been through many of the ups and downs of life—in addition to developing bipolar disorder at the age of 18.

## Music Therapy & Bipolar Disorder

There’s something about music that I find to be so therapeutic. I think this stems from being an only child; when I was growing up, I spent countless hours listening to the radio, which served as both a source of comfort and a companion.

## The concept of music as therapy is not new

*“When one connects with a piece of music, the emotional experience resembles a flow of electricity moving from the singer, to the CD or radio, and then to the individual. With this in mind, music therapy uses the various types of music to manage and positively influence people’s emotional, physical and cognitive needs. It is a ‘planned, goal-directed process’ and many researchers have been studying music therapy as a treatment approach for mental illness, including its positive use in treating bipolar disorder and substance abuse, in both young people and in adults.”*

**—Eulalee Thompson, PhD, “Bipolar Disorder and Music”  
The Band RUSH & My Mental Health Journey**

This brings me back to RUSH. This progressive rock power trio

(comprised of Geddy Lee, Alex Lifeson, and Neil Peart, who is the lyricist) has been recognized as one of rock’s premier music acts, most recently with their 2013 induction into the Rock & Roll Hall of Fame. Their music is complex, and they’ve managed to maintain a fresh sound over their 40-year history.

I became a fan of theirs in high school, and when I went away to college, I took RUSH’s (at the time) seven albums with me. But things took a dramatic turn in my life. During my second semester, I suffered a psychotic break and was brought home to spend a considerable amount of time recovering in a local psychiatric hospital. It was just before this time that RUSH’s album *Moving Pictures* was released. I recall that the day that I got out of the hospital, on the way home, I had my father take me to the record store to get a copy of this LP.

## Bipolar Disorder & Ideas of Reference

But things changed. I struggled with my mental health and suffered from delusions and paranoia. I thought that the lyrics in their songs were directed at me. This is what is known as ideas or delusions of reference.

*—continued on page 6*

## Quotes on the Healing Power of Music

*Music is the moonlight in the gloomy night of life.*  
**Jean Paul Friedrich Richter**

*Music brings a warm glow to my vision, thawing mind and muscle from their endless wintering.*  
**Haruki Murakami**

*Music is the best, and cheapest, mind-altering drug in the world.*  
**Kamand Kojouri**

*Music is one of the longest standing self-prescribed therapy in history.*  
**Erin Seibert**

*Music was my refuge. I could crawl into the space between the notes and curl my back to loneliness.*  
**Maya Angelou**

Source: [graciousquotes.com/music-quotes/](https://graciousquotes.com/music-quotes/)

I thought that I had some kind of special connection with the band. Fortunately, over time, my psyche healed and I no longer held these beliefs.

### **Inspiration & Finding My Personal Theme Song**

This experience did not, however, diminish my love for their music. I began to find myself relying on RUSH's music as a source of inspiration. One song in particular, "Marathon," is my unofficial theme song:

*"You can do a lot in a lifetime  
If you don't burn out too fast  
You can make the most of the distance  
First you need endurance  
First you've got to last..."*

### **Bipolar Depression, Music & Mood**

It isn't just RUSH that speaks to my soul. There are many others: Kate Bush, Laurie Anderson, Ben Harper, Bob Marley, Black Uhuru, Pat Metheny, Peter Gabriel, The Roots, Morrissey, ... and the list goes on.

What I've come to learn is that especially when I'm feeling depressed, I can turn to music to help lift me out of my malaise. It has, in many respects, saved my life. Music has always been there for me. It has never failed me, and I can always turn to it when I need a mood adjustment.

To leave you with a sense of the power of music, I will close with the lyrics from RUSH's song "Cinderella Man":

*"Because he was human  
Because he had goodness  
Because he was moral  
They called him insane  
Delusions of grandeur  
Visions of splendor  
A manic depressive  
He walks in the rain."*

**Source:** [www.bphope.com/blog/bipolar-rush-and-the-healing-power-of-music/utm\\_source=iContact&utm\\_medium=email&utm\\_campaign=hh-headlines&utm\\_content=Weekend](http://www.bphope.com/blog/bipolar-rush-and-the-healing-power-of-music/utm_source=iContact&utm_medium=email&utm_campaign=hh-headlines&utm_content=Weekend)



## **The Initiative Newsletter Going Digital? Maybe it's About Time!**

By Karen Fallahi

*To "E", or not to "E"..., that is the Question.*

When I put together our first newsletter back in late 1994, I used an old daisy wheel electric typewriter. Since I found typing class in high school extremely boring and honestly, too tedious, I went on to develop my own eight-finger, 30-words-a minute style to which I've kept to for the last 25 years or so.

With my white-out handy, those early DBSA newsletters turned out fairly decent one or two-page issues, and in time became an affirmation of worthiness for those dear brave souls who back in the early days dared venture outside of their safe places to attend the very first support group meetings we had going at Otis Park Community Center.

In 1995, we acquired our first computer. Yay! The hour had arrived to retire the old daisy wheel and venture into new territory. By this time DBSA-CS convinced Cedar Springs Hospital to let us set up our first office and lending library on their grounds. I also had been invited to attend the 1995 DBSA National Convention in Chicago, and what did I want to take with me? You guessed: one of our chapter newsletters!

Thanks to Ed Felty, our first office volunteer who, by the way, just happened to be a computer geek, I was able to show off his beautiful rendition of what was to be the forerunner of all future DBSA-CS newsletters at the convention that year.

Serving as newsletter editor over these past 26 years has been extremely rewarding, however; the time has come for me to pass the torch on to someone who, with the passion and vision I once had, can re-create The Initiative newsletter, taking it to even greater heights and distinction. Takers, anyone?

# Focus on the Present to Combat Obsessive Thoughts & Fears about the Future

By Jasper Benitez

Last Updated: 15 Oct 2020

*Abandonment in his past has led Jasper Benitez to fear the future.  
Now, he is working to stay focused on the present.*

As someone who lives with bipolar, I can tell you that fear of the future is one of my biggest struggles. I become so engulfed with thoughts about the future that I forget the present. I become trapped in my own mind; worrying about circumstances that are not yet real, planning for situations that do not yet exist.

Those who know me know exactly when I am in this frame of mind because my facial expression changes completely. My eyes wander around as if they are scanning every inch of a room for potential threats; my lips are pursed as if stitched together to create a barrier that will prevent these irrational thoughts from becoming audible to those around me. It feels as if my brain is engaged in a game of chess with the world around me, except I am the only one who is playing. My brain has convinced me that to avoid re-encountering past experiences I must remain one step ahead. But, as I have learned, this way of “coping” is both exhausting and problematic.

One prime example of the problems it creates is the way I view developing relationships. Often when I meet someone new who I am interested in, I dive in, head-first, and go “all out” to catch the new person’s attention. To be honest, I thank a few of my previous conquest attempts for my current credit card situation. And much to no one’s surprise, my lavish attempts at securing a romantic love via monetary means have been unsuccessful.

After bouts of introspection, I realize that my obsession to please people is rooted in my displeasure with myself. It is a way to avoid coming to terms with what I am not happy about with my own being. It is me trying to give someone else all the things I felt I did not receive in the past. But most importantly, it is an attempt to rectify being abandoned by people in my past.

But it’s not just relationships. When I start to think in an “all or nothing” way, I demand 100 percent from others, because if I do not get that I will make it my mission to give zero. Similarly, it manifests in my attitude towards myself. When I want to do something, I must do it completely or I refuse to do it at all.

While this mentality is sometimes beneficial to my productivity, it is ultimately detrimental to my ability to function alongside others. The need to feel control over every moment of the future creates numerous problems. It puts a strain on relationships

with people who prefer to “go with the flow” and who become stressed by the micromanagement of every minute.

Thus, I have learned that I need to be very aware of my tendency to overthink, because often I have created problems that did not actually exist, due to my perceived visions of the future.

For the last four years, I have made halfhearted attempts to heal from the experiences that have created these behaviors. But after many repeated alarms calling for me to put an end to the vicious cycle which has claimed many of my worst nights, I have finally woken up. And while I still have moments of doubt about whether to stay in the fight, I am a lot closer to making peace with my past.

I have arrived at a sort of crossroads in my journey to recovery—the intersection in which my past experiences and my obsession with the future meet and create a fear of being happy in the present.

This intersection is best illustrated by a conversation I recently had with someone:

“OK, but has it happened?”

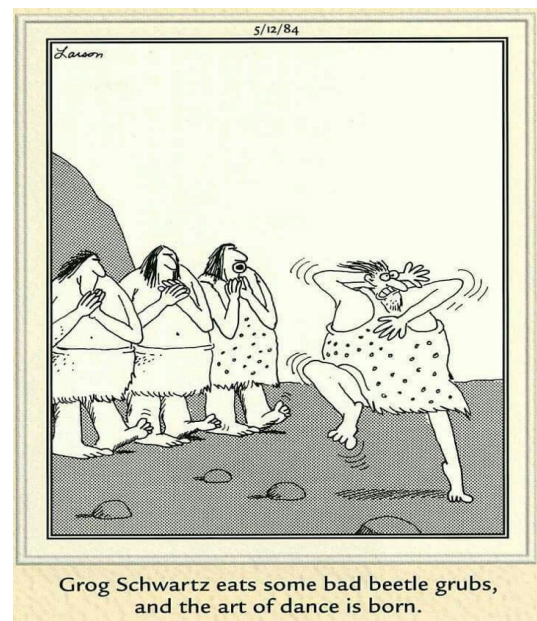
“Well, yes, it has.”

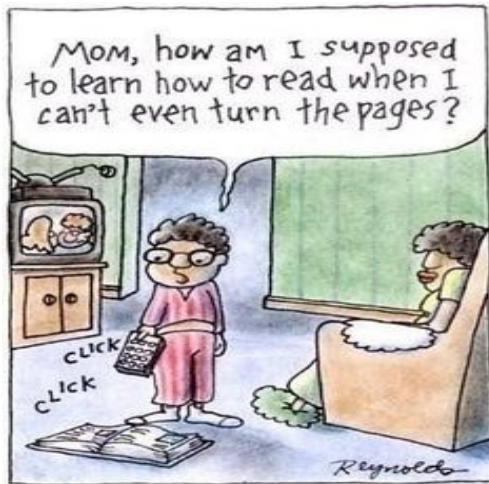
“OK, but is it happening?”

“Well, no, it is not.”

“OK, then do not cause for it to happen.”

**Source:** [www.bphope.com/at-the-crossroad-of-my-past-future/?utm\\_source=iContact&utm\\_medium=email&utm\\_campaign=hh-headlines&utm\\_content=HHH+--+Nov5--+Confusion+--+LATUDA](http://www.bphope.com/at-the-crossroad-of-my-past-future/?utm_source=iContact&utm_medium=email&utm_campaign=hh-headlines&utm_content=HHH+--+Nov5--+Confusion+--+LATUDA)





## Bipolar & Recovery: Doing Good to Feel Good

By Beth Brownsberger Mader

Last Updated: 8 Jul 2020

*Showing compassion to others not only benefits them but also can improve your own mental well-being.*

"Nobody loves me, everybody hates me, I'm going outside to eat worms!" I'd yell at my mother, stomping my feet, hands clenched, face warped with fury and frustration. I'd turn from her gentle expression and throw my little self out through the screen door, nearly tearing it off its hinges, to the backyard.

Mom actually taught me this saying, which she had learned from her mom. It served as a child's-level declaration of I am just so wholly pissed at the world, and nothing, and no one, can make me feel better!

Mom's intention in teaching it to me, I think, was to provide me with a relatively harmless outlet for my anger, a way to freely and safely vent my overwhelming feelings. She would smile kindly at me when I was in the throes of a temper tantrum, but I didn't recognize that as compassion; I thought she was laughing at me. I'm upset and Mom thinks it's funny, I would rage to myself as I climbed trees, rolled in grass, and just plain pounded dirt.

My backyard rampages were going on long before there were any concerns about my having bipolar disorder—I wasn't diagnosed until I was 38—but my understanding of how to give and receive kindness and compassion was definitely skewed from a very young age. It isn't anyone's fault. I just didn't get it, whether because of experiences, personality, latent mental illness, or some unfortunate combination of all of the above. And I didn't get it for the next four decades, either.

I wrote a column about forgiveness for the Summer 2009 issue of bp Magazine in which I said that after many years of being subjected to actual or perceived transgressions by others, I found myself on an unhealthy path of mistrust and rage, unable to forgive. Worst of all, my negative reactions had become one of the most dangerous triggers in my bipolar mood spectrum, sometimes taking me into extremes of rage and depression. In 2012, we had just moved to a new town and were hoping for a fresh start to a better life, but I realized I had brought my anger and disappointment with me. You can't start a new life with the same old feelings. Talk about pounding dirt.

The evolution of my ability to feel compassion started, again, with my mom. Her mother had taught her to "eat worms" more out of taunting than benevolence—my grandmother was not the warm, gently smiling type, nor one to have much compassion for the daughter who was a bit different from her. In finally understanding that my mom, too, had felt pain as a kid, I was able to forgive her for her "laughter" at me.

When I started looking really hard, and really deep, down beneath my tantrums, I at last discovered kindness in myself, something beyond surface politeness and platitudes. I found that I am able to feel compassion for more than just the well-being of things that can't hurt your feelings, like trees, dirt, and worms. I chose to come in from my self-imposed backyard exile, and take a risk. I decided to show a little kindness for people, even though I had felt so betrayed for so long. Over the past four years I've worked hard to learn to be attentive to the thoughts, feelings, needs, and motivations of others and act in a way that benefits them, and therefore myself: I do simple things, like asking seniors if they need help loading groceries into the car, or letting someone else go ahead of me in line. And I do more difficult things, like trying wholeheartedly to just listen when someone needs that and no more—without interjecting my own disgruntled pain or experiences. As a result, I am finding my moods more stable, my rage less intense, my depression eased. Best of all, people show more love for me when I make a conscious effort to be more lovable.

Here is another adage I have learned: Love is a verb; it's something you do.

What I've come to understand is that my mental wellness is inextricably tied to my actions—to how I consciously undertake the making of my life, through the love of and compassion for other folks, other beings, and other things.

Even if there are still days when I'd rather eat worms.

**Source:** [www.bphope.com/love-is-something-you-do/](http://www.bphope.com/love-is-something-you-do/)

utm\_source=iContact&utm\_medium=email&utm\_campaign=hh-headlines&utm\_content=Weekend+--+Aug1+--+DoGood+--+inhouse



## ***More Volunteer Opportunities, & Easy Ways to Support DBSA!***

### *Thank You*

*To all who contributed to our  
2020 Circle of Support Campaign  
and to Colorado Gives*



*And with our  
deepest appreciation  
for all the wonderful members who  
have continued to support us with  
generous contributions through  
the years....*

*A thousand times over,  
We Thank You.*



*Your support is "the wind  
beneath our wings."*

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

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

You can let people know about our  
Free Zoom 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!

**YAY!**



## DBSA COLORADO SPRINGS and PUEBLO SUPPORT GROUPS In-Person Meetings are on Hold Until Further Notice

*This difficult season  
will pass. The sun  
will once again shine  
through the clouds.*

*In the meantime, we  
will still have our Zoom  
Support Group Meetings  
going strong: a lifeline  
we'll continue to offer to  
anyone who needs a  
hand to hold  
on to.*



Join a DBSA online support group today! They are safe, confidential places where you can share your story and know you are not alone.



"I have really appreciated DBSA in these times of isolation.

DBSA online support groups are a balanced mix of incredible people who are empathetic, all of whom have been there with struggles and successes living with mood disorders."

-- Corey Davis,  
DBSA Colorado Springs

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)

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

### 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    ☐ Snail 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, P.O. Box 9518, Colorado Springs CO 80932

**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.*