



# CRA INSIGHTS

Information to grow with



## *Mental Health*

Everyone says it. Exercise, it's good for you. While most people are thinking about the health benefits such as cardiovascular, strength training, balance and flexibility, most are forgetting the most important benefit. The benefit of improved mental health, less depression, anxiety & stress!

Not everyone sees running a marathon as a fun and rewarding experience, and certainly if you are not enjoying the exercise it will probably not improve your mental health.

When it comes to exercise, everyone has different interests and needs. Just remember to find an exercise that is fun for you!

In this month's newsletter, we will be providing some information regarding mental health and exercise, as well as suggestions on types of exercise to try and the benefits.

As ALWAYS, make sure that you contact your health care provider prior to starting any exercise program.

## UPCOMING EVENTS

6th annual Cynthia  
wahlen memorial golf  
tourney

august 17th

to sign up a team,

become a hole

sponsor or donate

prizes, contact

[joans@crashelter.org](mailto:joans@crashelter.org)

## SAVE THE DATE!

our next designer

purse bingo event will

be held on November

23rd at Brow Tine

(formerly Cricket's)

more info to be

posted on our

[Facebook page](#)

[crashelter.org](http://crashelter.org)

# The mental health benefits of exercise

**Authors of this article: Lawrence Robinson, Jeanne Segal, PH.D, and Melinda Smith, M.A. June 2019**

Exercise is just not about aerobic capacity and muscle size. Sure, exercise can improve your physical health and your physique, trim your waistline, improve your sex life and even add years to your life. But that's not what motivates most people to stay active.

People who exercise regularly tend to do so because it gives them an enormous sense of well-being. They feel more energetic throughout the day, sleep better at night, have sharper memories and feel more relaxed and positive about themselves and their lives. And it's also powerful medicine for many common health challenges.

Regular exercise can have a profoundly positive impact on depression, anxiety, ADHD and more. It also relieves stress, improves memory, helps you sleep better and boosts your overall mood. And you don't need to be a fitness fanatic to reap the benefits. Research indicates that a modest amount of exercise can make a difference. No matter your age or fitness level, you can learn to use exercise as a powerful tool to feel better.

## **Exercise and depression:**

Studies show that exercise can treat mild to moderate depression as effectively as antidepressant medication without the side-effects, of course. As one example, a recent study done by the Harvard T.H. Chan School of Public Health found that running for 15 minutes a day or walking for an hour reduces the risk of major depression by 26%. In addition to relieving depression symptoms, research also shows that maintaining an exercise schedule can prevent you from relapsing.

Exercise is a powerful depression fighter for several reasons. Most importantly, it promotes all kinds of changes in the brain, including neural growth, reduced inflammation and new activity patterns promote feelings of calm and well-being. It also releases endorphins, powerful chemicals in your brain that energize your spirits and make you feel good. Finally, exercise can serve as a distraction, allowing you to find some quiet time to break out from the cycle of negative thoughts that feed depression.

"SWEAT,  
SMILE &  
REPEAT!"

## **Exercise and anxiety:**

Exercise is a natural and effective anti-anxiety treatment. It relieves tension and stress, boosts physical and mental energy and enhances well-being through the release of endorphins. Anything that gets you moving can help, but you'll get a bigger benefit if you pay attention instead of zoning out.

Try to notice the sensation of your feet hitting the ground, for example, or the rhythm of your breathing, or the feeling of the wind on your skin. By adding this mindfulness element—really focusing on your body and how it feels to exercise—you'll not only improve your physical condition faster, but you may also be able to interrupt the flow of constant worries running through your head.

## **Exercise and stress:**

Ever notice how our body feels when you're under stress? Your muscles may be tense, especially in your face, neck and shoulders, leaving you with back or neck pain or painful headaches. You may feel a tightness in your chest, a pounding pulse or muscle cramps. You may also experience problems such as insomnia, heartburn, stomachache, diarrhea or frequent urination. The worry and discomfort of all these physical symptoms can in turn lead to even more stress, creating a viscous cycle between your mind and body.

Exercising is an effective way to break this cycle. As well as releasing endorphins in the brain, physical activity helps to relax the muscles and relieve tension in the body. Since the body and mind are so closely linked, when your body feels better so, too, will your mind.

## **Exercise and PTSD and Trauma:**

Evidence suggests that by really focusing on your body and how it feels as you exercise, you can actually help your nervous system become "unstuck" and begin to move out of the immobilization stress response that characterizes PTSD or trauma. Instead of allowing your mind to wander, pay close attention to the physical sensations in your joints and muscles, even your insides as your body moves. Exercise that involves cross movement and that engages both arms and legs—such as walking (especially in sand), running, swimming, weight training or dancing—are some of your best choices.

Outdoor activities like hiking, sailing, mountain biking, rock climbing, whitewater rafting and skiing have also been shown to reduce the symptoms of PTSD.

## **Exercise and ADHD:**

Exercising regularly is one of the easiest and most effective ways to reduce the symptoms of ADHD and improve concentration. Motivation, memory and mood. Physical activity immediately boosts the brain's dopamine, norepinephrine and serotonin levels—all of which affect focus and attention. In this way, exercise works in much the same way as ADHD medications such as Ritalin and Adderall.

# Other mental & emotional benefits of exercise

## **Sharper memory and thinking:**

The same endorphins that make you feel better also help you concentrate and feel mentally sharp for tasks at hand. Exercise also stimulates the growth of new brain cells and helps prevent age-related decline.

## **Higher self-esteem:**

Regular activity is an investment in your mind, body and soul. When it becomes habit, it can foster your sense of self-worth and make you feel strong and powerful. You'll feel better about your appearance and by meeting even small exercise goals, you'll feel a sense of achievement.

## **Better sleep:**

Even short bursts of exercise in the morning or afternoon can help regulate your sleep patterns. If you prefer to exercise at night, relaxing exercises such as yoga or gentle stretching can help promote sleep.

## **More energy:**

Increasing your heart rate several times a week will give you more get-up-and-go. Start off with just a few minutes of exercise a day, and increase your workout as you feel more energized.

## **Stronger resilience:**

When faced with mental or emotional challenges in life, exercise can help you cope in a healthy way, instead of resorting to alcohol, drugs or other negative behaviors that ultimately only make your symptoms worse.

Regular exercise can also help boost your immune system and reduce the impact of stress.

You can reap the physical & mental health benefits of exercise with 30-minutes of moderate exercise five times a week. Two 15-minute or even three 10-minute exercise sessions can also work just as well.

# Getting started when you are anxious or depressed

Many of us find it hard enough to motivate ourselves to exercise at the best of times. When we feel depressed, anxious, stressed or have other mental or emotional problems, it can seem doubly difficult. This is especially true of depression and anxiety, which can leave you feeling trapped in a catch-22 situation. You know exercise will make you feel better, but depression has robbed you of the energy and motivation you need to work out, or your social anxiety means you can't bear the thought of being seen at an exercise class or running through the park. So, what can you do?

## **Even a little bit of activity is better than nothing**

If that still seems intimidating, don't despair. Even just a few minutes of physical activity are better than none at all. If you don't have time for 5- or 30 minutes of exercise, or if your body tells you to take a break after 5 or 10 minutes, for example, that's okay too. Start with 5- or 10-minute sessions and slowly increase your time. The more you exercise, the more energy you'll have, so eventually you'll feel ready for a little more. The key is to commit to some moderate physical activity-however little-on most days. As exercising becomes habit, you can slowly add extra minutes or try different types of activities. If you keep at it, the benefits of exercise will begin to pay off.

## **Find your favorite or switch it up**

A few Team sports:

Basketball  
Soccer  
Baseball  
Volleyball  
Softball

Teams sports not for you?

Here are a few individual exercises

Yoga  
Cycling  
Running  
Aerobic or gym workout  
Hiking  
Swimming  
Dance  
Walking  
Spinning

Always consult with your health care provider prior to starting any exercise plan





## Easy ways to move that don't involve a gym

Don't have 30 minutes to dedicate to yoga or a bike ride? Don't worry. Think about physical activity as a lifestyle rather than just a single task to check off. Look at your daily routine and consider ways to sneak in activity here, there and everywhere. Need ideas? We've got them.

### **In and around your home:**

Clean the house, wash the car, tend to the yard and garden, mow the lawn with a push mower, sweep the sidewalk or patio with a broom.

### **At work and on the go:**

Bike or walk to an appointment rather than drive, banish all elevators and get to know every staircase possible, briskly walk to the bus stop then get off one stop early, park at the back of the lot and walk into the store or office, take a vigorous walk during your coffee or lunch break.

### **With your kids:**

Jog around the soccer field during your kids practice, make a neighborhood bike ride part of your weekend routine, play tag with your children in the yard, go canoeing at a lake, walk the dog in a new place.

### **Just for fun:**

Pick fruit at an orchard, boogie to music, go to the beach or take a hike, gently stretch while watching television, organize an office bowling team, take a class in martial arts, dance or yoga



Make exercise a fun part of your everyday life

## Staying motivated

### **Focus on activities you enjoy:**

Any activity that gets you moving counts. That could include throwing a Frisbee with a dog or friend, walking laps at a mall window shopping or cycling to the grocery store. If you've never exercised before or don't know what you might enjoy, try a few different things. Activities such as gardening or tackling a home improvement project can be great ways to start moving more when you have a mood disorder-as well as helping you become more active, they can also leave you with a sense of purpose and accomplishment.

### **Be comfortable:**

Whatever time of day you decide to exercise, wear clothing that's comfortable and choose a setting that you find calming or energizing. That may be a quiet corner of your home, a scenic path or your favorite city park.

### **Reward yourself:**

Part of the reward of completing an activity is how much better you'll feel afterwards, but it always helps your motivation to promise yourself an extra treat for exercising. Reward yourself with a hot bubble bath after a workout, a delicious smoothie or with an extra episode of your favorite TV show.

### **Make exercise a social activity:**

Exercising with a friend or loved one, or even your kids, will not only make exercising fun and enjoyable, it can help motivate you to stick to a workout routine. You'll also feel better than if you were exercising alone. In fact, when you are suffering from a mood disorder such as depression, the companionship can be just as important as exercise.

## Do what's best for you

If you are interested in using exercise to improve your mental health, this list of activities can serve as a good place to start when figuring out what type of exercise best suits your lifestyle and mentality. However, everyone has different interests and needs, so do feel limited to these options or discouraged if an activity doesn't meet your expectations. It may take some time to find the right fit, but your mental health is worth it.

**The key to remember is to do what is most enjoyable to YOU. You got this!**






# Volunteer with CRA

"Volunteers do not necessarily have the time, they just have the heart."

Elizabeth Andrews


We need you!  
Share your knowledge!

*Volunteers Wanted*  
SHARE YOUR KNOWLEDGE WITH OTHERS!



LOOKING FOR INDIVIDUALS WHO WOULD LIKE TO "TEACH" BASIC CAR MAINTENANCE.  
CHECKING TIRE PRESSURE  
CHANGING OIL  
CHECKING FLUIDS  
ROAD EMERGENCIES ETC  
CONTACT JOAN AT 715-825-4414 OR [JOANS@CRASHELTER.ORG](mailto:JOANS@CRASHELTER.ORG) FOR MORE INFORMATION

Share your love of cooking with others



Looking for volunteers to teach adults food prep / cooking

- Easy Baking
- Easy Cooking
- Preparing Freezer to Cook Pot Meals
- Basic Nutrition
- Shopping on a budget

If you can help with one or more of these areas, please contact Joan at 715-825-4414 for more information

*Bon Appetit*

JOIN OUR TEAM

**VOLUNTEERS NEEDED!**

TO HELP DISTRIBUTE FUNDRAISER OR EDUCATIONAL MATERIALS AS NEEDED THROUGHOUT POLK, BARRON & BURNETT COUNTIES

**SPECIAL DELIVERY**

IF YOU WOULD LIKE TO HELP OUT, PLEASE CONTACT JOAN AT 715-825-4414 OR [JOANS@CRASHELTER.ORG](mailto:JOANS@CRASHELTER.ORG)

NEEDED: VOLUNTEER



GARDEN FAIRY

someone needed to tame our flower gardens at cra.

if you enjoy working in the garden, have some spare time & would like to volunteer, call 715-825-4414 or email [joans@crashelter.org](mailto:joans@crashelter.org)

DO YOU ENJOY

**hobbies**

GARDENING YARN CRAFTS



SEWING



SCRAPBOOKING

OR ANY HOBBY !

LOOKING FOR VOLUNTEERS TO SHARE THEIR TALENTS WITH ADULTS

FOR MORE INFORMATION, CONTACT JOAN AT 715-825-4414 OR [JOANS@CRASHELTER.ORG](mailto:JOANS@CRASHELTER.ORG)


Wanted

VOLUNTEERS to help teach adults

Basic Job Skills

- Job Searching
- Resume Writing
- Interview Skills
- Getting a job
- Job responsibilities

For more information, contact Joan at 715-825-4414 or [joans@crashelter.org](mailto:joans@crashelter.org)




Jobs and careers

become a **volunteer**

**ORGANIZE A MOVIE OR GAME NIGHT FOR SHELTER FAMILIES**

contact [joans@crashelter.org](mailto:joans@crashelter.org) for more information!



BECOME A **PET FOSTER HOME**



MANY SHELTER RESIDENTS NEED A TEMPORARY HOME FOR THEIR PETS WHILE STAYING AT CRA

IF YOU ARE WILLING TO BECOME A TEMPORARY FUR FAMILY, CONTACT [JOANS@CRASHELTER.ORG](mailto:JOANS@CRASHELTER.ORG)

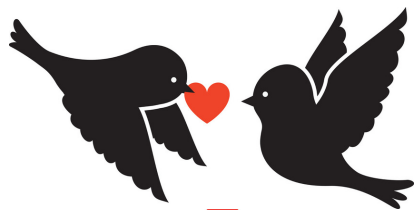


If you are interested in becoming a volunteer for CRA and can help us with one of these or any other skill you may like to share, please contact Joan at [joans@crashelter.org](mailto:joans@crashelter.org)

An application packet will be emailed out to you!

"Be the reason someone smiles today."





# Donations needed in shelter

## CRASHELTER.ORG








Sometimes a survivor will only be able to leave their home safely with the clothes on their back. While in shelter they will need basic items to restore their quality of life for themselves and their children. You can view a larger *"WISH LIST"* of needed donations on our web page. The items listed here each month are things we are in immediate need of.

If you are able to help out and drop off a donation, you can do that right at the shelter. If you would rather make a monetary donation, you can mail the donation check to: CRA

PO Box 365

Milltown, WI 54858

## August Donation requests

-  Hair Conditioner, Kleenex
-  Anti bacterial wipes, Size 4 -5 diapers, baby wipes
-  Trial size hand sanitizer, Chap stick
-  Aluminum foil, large garbage bags
-  Cereal, sandwich size zip locks
-  Fruit snacks/Healthy snacks
- 



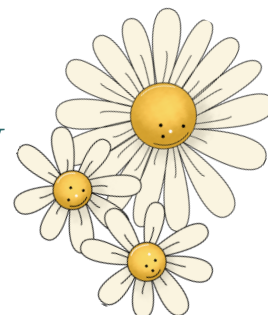
**Donations are greatly appreciated and help us to carry out our commitment to survivors and their children.**

**Call our 24/7 Crisis Line, 800-261-7233 for help.**

**United Way**  
**St. Croix Valley**



# Community Education



CRA works to increase the communities awareness about domestic and sexual violence through community outreach. Part of CRA's mission is to help eliminate violence in our communities, and with that in mind, we offer presentations regarding our services and education on a variety of topics related to domestic and sexual violence awareness to schools, community organizations, church groups and other service providers. If you are interested in learning more about the cycle of violence and how to help stop domestic violence and sexual assault in your community, Call us at **715-825-4414** to find out more.

## Support Groups

All groups are held every week unless noted.

**Please call to sign up 715-825-4414**

### POLK COUNTY GROUPS:

#### MONDAY'S:

Amery S.T.A.R.S. Group: From 4-5 pm  
(Surviving Trauma Advocacy Resource Support)

#### TUESDAY'S:

Osceola S.T.A.R.S. Group: From 6-7 pm  
(Surviving Trauma Advocacy Resource Support)

#### WEDNESDAY'S:

Milltown Parenting Group: from 1-2 pm  
Milltown S.T.A.R.S. Group: from 2-3 pm  
(Surviving Trauma Advocacy Resource Support)  
Domestic Violence Education Class: from 10-noon  
every other Wednesday

#### THURSDAY'S:

Milltown Family Group: Dinner from 5-5:30pm  
F.U.N. Family Group Milltown: from 5-6pm  
Milltown S.T.A.R.S.: from 6-7 pm  
(Surviving Trauma Advocacy Resource Support)

**Burnett County** – 715-349-7272

**Burnett County Group:** from 4-5 pm on Monday

**Barron County** – 714-651-4969

**Barron County Group:** from 5:30-6:30 on Thursday

# July Donations

## In Kind Donations

2029 Sleep  
Apple River Quilt Guild-Amery  
Raymond & Priscilla Castellano  
Michelle Doolittle  
First Lutheran Church-Cushing  
Christine James  
Ione Johnson  
Lea & Ashley Lahti  
Kris Mattson  
Milltown VFW  
Northwest Counselling &  
Guidance Clinic  
Sandi Oachs  
Troy Olson  
Peace Quilters  
Lori Peper-Rucks  
Lori Petzel  
Redeemer Ladies Aid  
Sandy Serier  
Mary Ellen Smith

## Cash Donations

Absolute Entertainment  
Sarah Caston  
College Street Brewhouse  
Dan Edaburn  
Valerie Englebretson  
Immanuel Lutheran Church  
In Stiches Custom Interiors  
Indianhead Community Action Agency  
Indianhead Credit Union  
Harold & Arveda Kirk  
Sydney Lund  
Peper Tire & alignment  
Jeff & Nancy Stewart  
Jay & Brenda Stackhouse  
Stan's Radiator Service  
United Methodist Women-Siren  
United Way  
Susan Wendlandt

## Special thank you

The Nexen Group through United Way

## Denim Day backpacks



In April, we collected money for Denim Day. The donations that we received were targeted to purchase backpacks for each of our 13 advocates. These backpacks are filled with clothing, personal items, blankets & snacks for survivors of sexual assault while going through a Sexual Assault Nurses Exam (S.A.N.E.). The goal is to offer these items as needed to provide comfort and support to survivors during this time.

**THANK YOU!** to all who donated to make this project possible!

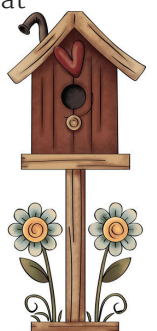
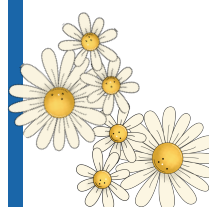
## Thank you for your support

Due to your overwhelming generosity, we are no longer accepting clothing donations at this time.

We are always looking for the following household items in good condition:

Dishes, glasses, flatware, pots & pans  
Decor  
Sofas, chairs, end tables  
Dining table & chairs  
Dressers and bed side tables

If you are unsure if a donation is needed, please give us a call at 715-825-4414



# Upcoming events

Mark your calendar & join us for these great fundraisers!

6TH ANNUAL

## Cynthia Wahlen Memorial Golf Tournament

Four person 9-hole scramble  
Grantsburg Golf Course

Registration at 2:00 p.m.  
Shotgun start at 3:00 p.m.

Food, Prizes, bags tournament &  
music to follow at  
Hummer's Rendezvous

To register, become a hole sponsor (\$50),  
or to donate raffle prizes email  
Joan at [joans@crashelter.org](mailto:joans@crashelter.org)

\$100 per 4-person team/\$25 per person  
2 person carts \$20

All proceeds to benefit Community Referral Agency, Inc.

Saturday, August 17th



PROCEEDS  
BENEFIT  
COMMUNITY  
REFERRAL  
AGENCY

FIRST PLACE  
RECEIVES 1/2  
OF THE ENTRY  
FEES

Open to everyone

SATURDAY,  
AUGUST  
17TH  
6 PM

Corn  
Hole  
tournament

\$20 PER TWO  
PERSON TEAM  
—  
HUMMER'S  
GRANTSBURG

Sign up prior to event at: [joans@crashelter.org](mailto:joans@crashelter.org)

To sign up for the golf or corn hole events, please contact [joans@crashelter.org](mailto:joans@crashelter.org)

## Don't golf?

Become a Hole Sponsor for the golf event. For a \$50 donation, we will provide signage on a hole with your business logo, family or individual name. We are also in need of gift certificates and gifts for our raffle after the golf tournament.



Designer  
Purse  
BINGO

Held at Brow Time Bar Event Center  
1361 100th St, Amery, WI 54001  
(formerly Cricket's)

Saturday, Nov. 23rd

Doors open at 11:30 am  
Bingo starts at 1 pm.  
Limited seating

Taco Buffet available  
before the event

**\$40**

Package includes  
13 regular games &  
Two 50-50 games  
Raffles extra  
Additional Raffles &  
BINGO games  
throughout the day

PRE-SALE  
Packages to  
reserve your spot  
November 22nd  
from 1 pm - 6 pm  
at Brow Time  
PRE PURCHASE for 8 or  
more & get a reserved  
table

This fundraiser is  
sponsored by  
Community Referral Agency  
715-825-4414

## Don't miss this fun event!

Our Second FALL Purse Bingo will again be held on deer hunting opener! A perfect time to get the girls together for a fun day of BINGO!!

There is limited seating so we will be **PRE SELLING** Bingo Packets on FRIDAY, November 22nd from 1 – 6 p.m. Pre purchasing you packet guarantees you a seat on Saturday!

Become a **SUPER DONOR**

This will **RESERVE** a table of 6.

Includes 6 Bingo packets and  
ONE purse sponsorship for \$350!

Additional raffles & Bingo games are extra!

For more information go to our FACEBOOK page  
[@crashelter](https://www.facebook.com/crashelter) under events LIKE our Purse Bingo  
event. You will receive the most current  
Purse Bingo information!