



....In The Meantime

With



24 hour confidential hotline: 1-800-537-6066 or 874-1973

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Hello,


While most of us may never have had much of a reason to spend a whole lot of time, or perhaps any, contemplating the similarities between fish and plants, one obvious likeness that manifests once these two seemingly dissimilar things are juxtaposed, is that environment plays a crucial role in the ecological success of both. If you had goldfish as a child, it most likely started out in a small fish bowl and gradually transitioned to a bigger one or to an aquarium. At the same time, if you planted a flower or vegetable seed in a small pot, those too, would have eventually needed either a bigger pot or an outdoor flower-bed or garden to continue to thrive and grow bigger. A google search on the definition of *ecology* brought up the following:

*From tiny viruses and bacteria, unrecognized for millennia, to blue whales weighing 200 tons, and fungi that spread for hundreds of hectares underground, the diversity and extent of life on Earth is dazzling. In its life and reproduction, every **organism** is shaped by, and in turn shapes, its environment.*

It is also worth noting that humans, too, are organisms. Wikipedia defines an organism as such: *In biology, an **organism** is any individual entity that embodies the properties of **life**.* Therefore, one can then argue that if humans are organisms and one's environment not only directly impacts or influences the life of an organism, but also 'shapes' it...then it should go without saying that the same is true for us humans. Put another way, we cannot thrive or be successful in environments that are restrictive, unsafe, void of love and support, keep us 'small' and hungry, and lack not only the basic necessities for survival (food, shelter, water), but also, too, education and the opportunity to grow and learn and thrive and nurture our talents to then go out into the world to share them.

If our lives haven't turned out how we thought they would, or we've found ourselves in a place or situation we could never have imagined, we may feel flawed or unworthy and we may be stuck in a pattern of always adjusting or trying to change things about ourselves so we can 'fit in' and be seen and loved and wanted. But what if all along it wasn't us who was lacking? Maybe what we needed all along was a different environment...which may include our actual local, yes, but also too, new, supportive, and encouraging people.

Best,
Monique
&
Nicolle



WHEN A FLOWER
DOESN'T BLOOM YOU
FIX THE ENVIRONMENT
IN WHICH IT GROWS,
NOT THE FLOWER.
THEVIBRANTMIND

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It is true that goldfish will only grow to a proportional size of their container. What do you need this coming year, and beyond, to grow and thrive? Write them in your fishbowl.



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Who Taught you to be Small?

Who taught you to be small? Who taught you that these cracks were flaws? Taught you that your light couldn't shine through the fractures and scars? Who told you to accept what you were given and did not want? Told you that any love was better than searching for the one only meant for you? The one that has always been inside yourself?

Do not listen to them.

Their mouths are full of turpentine & cyanide. They will strip all that is gold from your feathered limbs and leave you unraveled, all pock-marked, pink-skinned and alabaster boned.

You were not made to be grounded. You need the crisp air, a belly full of laughter, a heart carrying so much love you feel the seams stretching.

Mostly, you need to realize that one by one the population has swelled to billions, but even still you were hand selected, all beauty and flaw, to never be replicated.

You are the finest art to have ever been created.

--Tyler Kent White--

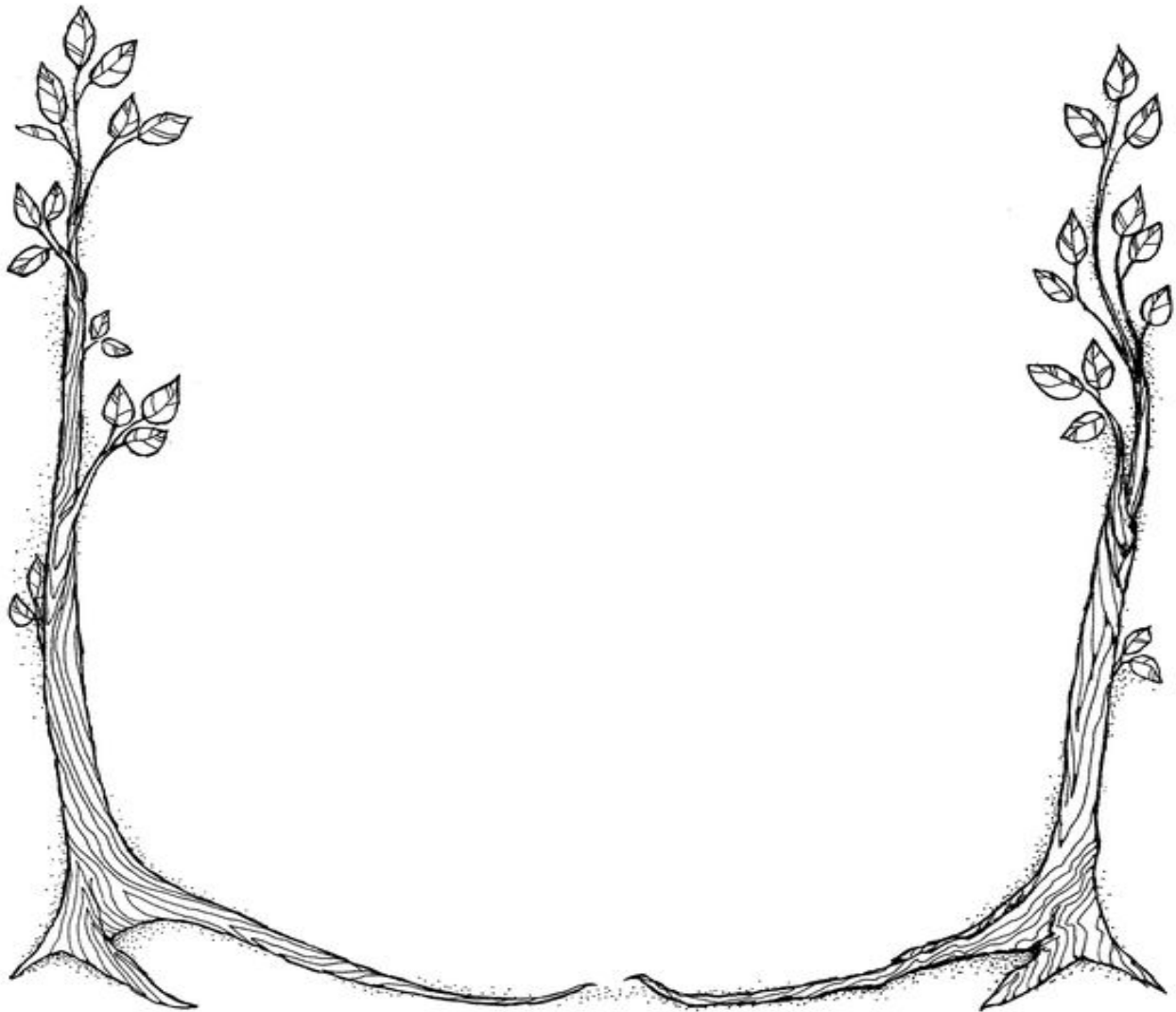




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WRITING PROMPT

Write about a relationship or a past environment you lived in that stifled you in some way or ways? Did you free yourself? If so, how so?



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The Wrath of....

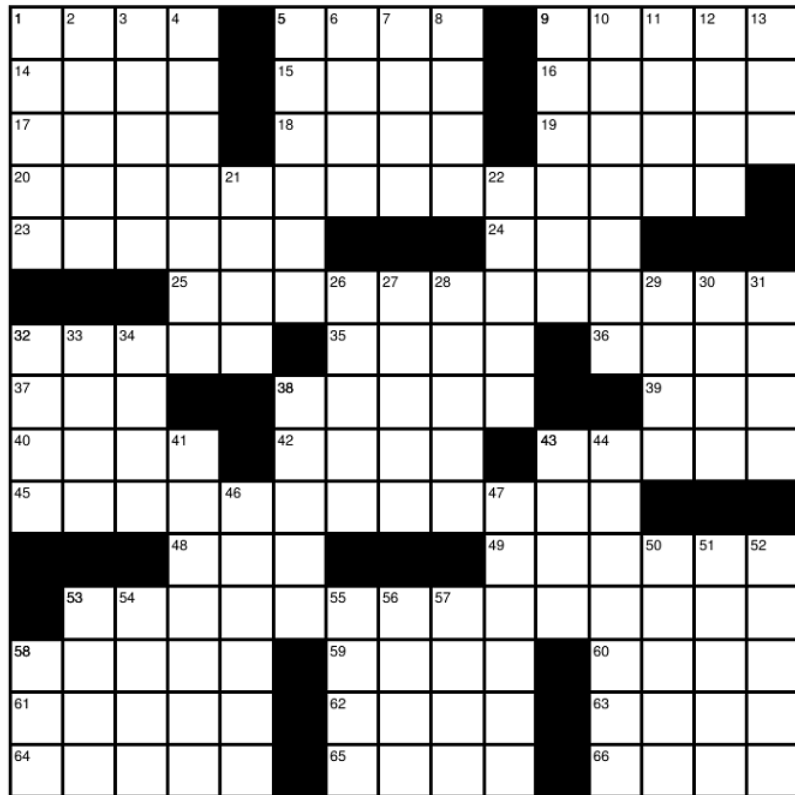
ACROSS

- 1. He may cross the line
- 5. Literary Finn
- 9. Divide
- 14. Desire
- 15. Eye with desire
- 16. Desire
- 17. Made mad
- 18. "Kaboom!"
- 19. Loosen up
- 20. CON
- 23. Affirm at the altar
- 24. Liza Doolittle's dwelling
- 25. CON
- 32. Drilled
- 35. Domain of Eos
- 36. Put to flight
- 37. Hollywood Gardner
- 38. Stan's comedic pal
- 39. Former fort near Salinas
- 40. "99 Luftballons" singer
- 42. Freshman, typically
- 43. Dates with a Dr., perhaps
- 45. CON

- 48. Word with go or by
- 49. Recited in rhyme, perhaps
- 53. CON
- 58. Tartan garment
- 59. "Night Sins" author Tami
- 60. SASE, typically
- 61. Dancer's support
- 62. Fit
- 63. "Dollhouse" heroine
- 64. Jerk
- 65. Mexican sauce
- 66. Eye affliction

DOWN

- 1. Sends to stores
- 2. Jazz Chick
- 3. Rich Little's trade
- 4. Place for a glasses case
- 5. Rub elbows
- 6. Unpleasant-sounding citrus



© 2010

- 7. They may have their own tartan
- 8. 1996 VP candidate
- 9. Cut corners
- 10. Factory configurations
- 11. "Mission: Impossible" composer Schifrin
- 12. "Meatbals" director Reitman
- 13. Popular cowboy nickname
- 21. Was laid low by a high?
- 22. Broadcasting pioneer Arledge
- 26. Jung contemporary
- 27. Yarns
- 28. "Dallas" family name
- 29. "Breakfast for Dinner" eatery
- 30. ____ cloud (home for comets)
- 31. Assents
- 32. "Kaboom!"
- 33. Out's partner
- 34. Punjabi princess
- 38. SNL alum, Cheri
- 41. Surreptitious romances
- 43. Love personified
- 44. Jazz-men Ellis and Russell
- 46. Type of bicycle
- 47. High point
- 50. Color lightly
- 51. Like wool sweaters, for some
- 52. Daphnis's love
- 53. Response to a rake
- 54. Legal opening?
- 55. Imitation
- 56. Bindlestiff
- 57. Eden event
- 58. NOVA network

HEALTHY RELATIONSHIPS

In a intimate partner relationship where there is some form of abuse, the survivor's feelings will always be wrong. Through manipulation, put-downs, verbal abuse, denial, false accusations, shaming, and sometimes physical abuse, the abuser badgers and harangues in an attempt to convince their partner that their feelings aren't valid.

- If you are proud of something you have achieved, the abuser will accuse you of thinking you're better than everyone else or 'showing off'.
- If you're upset, they will tell you to stop wallowing in self pity and bringing everyone else down, or wanting attention.
- If you're excited, they will tell you to calm down because you're making a fool of yourself or trying to draw attention to yourself.
- If you're in pain, they will rant that they are sick of it always being about you and that you are just trying to get attention.
- If you're happy, they'll accuse you of cheating, selfishness, or some other betrayal.
- If you call out their abuse, they will call you crazy and sometimes tell your family and friends lies that will make them question your mental health.

Survivors of intimate partner abuse will 'never get it right' in terms of their feelings, or so they have been convinced. When in fact, our feelings and emotions make us who we are. Over time, a survivor may come to need the approval or 'ok' from their abusive partner in order to 'feel' because so strong were the messages that their feelings were out of place or wrong. And this, in part, may be why when survivors leave abusive relationships, they may feel lost and unsure how to feel in any given situation, because it has been so long since they have been free to do so.

MOMS HELPING MOMS

Teaching Children About Boundaries and Personal Responsibility

(Idea from Instagram: ourmamavillage)

In order to teach our children about responsibility and boundaries, we need to show them that although our love is unconditional, they are always responsible for their own actions. This is also a great way to show our children that we trust them to make good choices. As mentioned in a previous MHM, we never want our children to feel responsible for the actions, feelings, choices, or decisions of others, and we can find ways to communicate this naturally in our everyday interactions by teaching them they are responsible for their own.

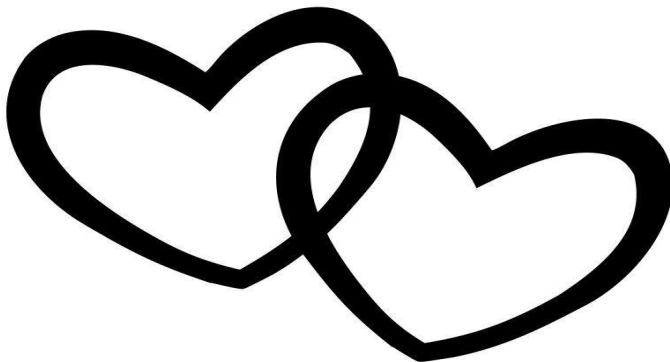
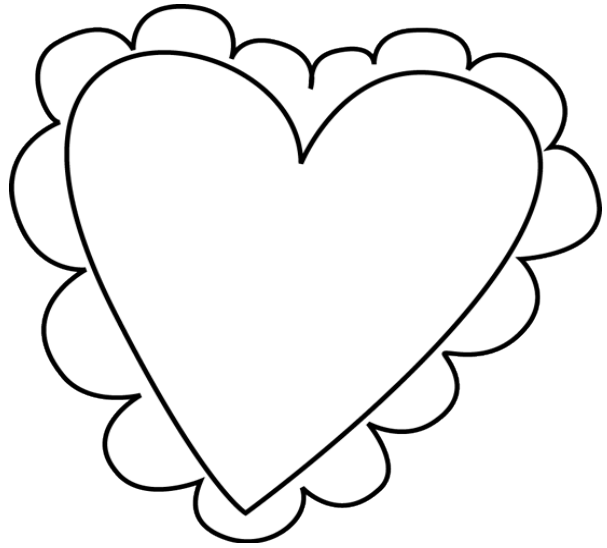
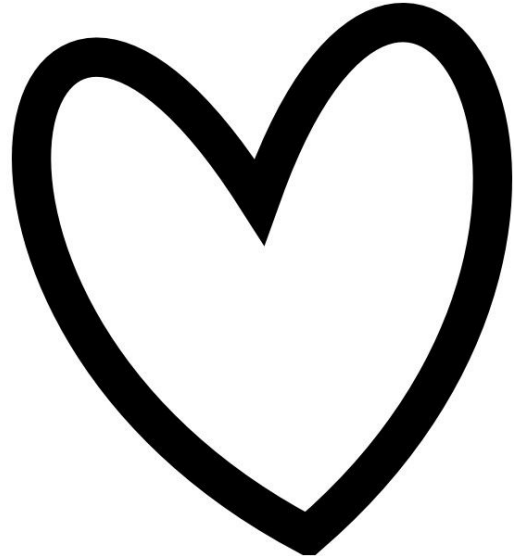
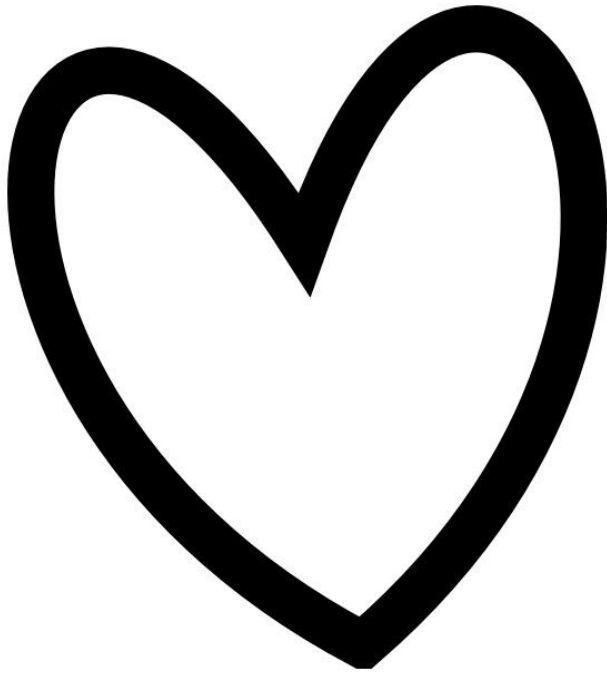
For example, we can say: “I will always love you” or “I understand you are upset, frustrated, angry, etc’BUT

- I can't let you pull your sister's hair
- I can't let you hit your friend
- If you break something, you will need to fix it
- If you make a mess, you will need to clean it up
- If you color on the wall, I am going to have to take the markers away from you
- If you keep jumping on the couch, you may fall and hurt yourself
- If you keep taking your sister's toy away from her, you may not be able to play with it for a time
- It's ok to be angry or upset, but it's not ok to lash out and hurt others
- It's ok to be sad, but not to break things when you are sad
- It's ok to be silly, but I can't let you hurt others when you are being silly

This sort of 'gentle' parenting often gets a bad rap in that parents are accused of spoiling their children. However, this form of parenting where clear boundaries are set and then subsequent action is taken if the child/children cross those boundaries is not spoiling children but rather teaching them about boundaries, conveying clear and concise messaging around responsibility, and that there are consequences for our actions. Teaching our children about boundaries and responsibility is a loving and gentle way to support them and to show them respect.

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A page of hearts to color and/or write messages on to send to loved ones for Valentine's Day, if you so choose.



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QUOTES



Surround yourself with people that reflect who you want to be and how you want to feel, energies are contagious.

AUTHOR
RACHEL WOLCHIN

Interestingly, koi, when put in a fish bowl, will only grow up to three inches. When this same fish is placed in a large tank, it will grow to about nine inches long.

— *Vince Poscente* —

AZ QUOTES

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