



ASK Dr. Angelia

Sometimes We Need a Mental Health Day

Last week, we were asked to provide the days we wanted to take Paid Time Off (PTO) for the rest of the year. This is a practice we do every six months. The choice, of course, were the obvious ones, days before Thanksgiving and the week after Christmas. Also, the choices included 3- and 4-day weekends at least once a month. These are taken as Mental Health Days. A Mental Health Day is one you take for no actual activity; a day you treat yourself to, for the purpose of preventing burn out.

Working in the mental health field, burn out is an ever-present reality for providers. Think about it, we hear the worst of the worst of human experiences day

after day. Sometimes we experience vicarious trauma from repetitively hearing personal stories beyond the "norm" of the human experience. Burn out is when you feel like you are merely existing or going through the motions without experiencing passion or joy anymore in your work that once held incredible meaning.

A mental health day is a day you take off from work or school, with the purpose of minimizing any commitments or responsibilities. You can use this time to focus on relieving stress, relaxing, having fun, and preventing burnout. While one day might not solve heavy underlying problems that lead to burnout, a mental health day can provide

a much-needed break to pause, regroup, and come back with greater levels of energy and a fresh, less-stressed perspective.

While there is a growing movement to destigmatize mental health issues in the workplace, many employers still do not support mental health concerns as a legitimate reason to miss a day of work. You can call in sick: You can say, "I'd like to use my remaining sick day this month," and not specify why you're using it. Or you can say, "I am not feeling well today, and I need to take the day off," without adding anything further. Or like we do at work, you can say, "I will be using my PTO," without giving a reason why. Your employer or fellow

employees don't need to know what you'll be doing. If you need some time to gather yourself and regroup, please do it; just invest in yourself by taking a mental health day. You will come back better and prepared to work.

Remember my friends and readers, embrace, Mark 6:31 "And he said to them, "Come away by yourselves to a desolate place and rest a while." For many were coming and going, and they had no leisure even to eat." Love God and All People. Amen.

Dr. Angelia S. Bryant, Professional Counselor and Educator, angelia.s.bryant@gmail.com 270.566.1122

Smith and Wolford Represent Russell County at Farm Bureau IFAL Program

By Bethany Garmon

Chapter president Bryanna Smith and chapter vice president Abby Wolford, represented Russell County well at the Kentucky Farm Bureau IFAL Program. Bryanna and Abby attended the session held at the University of Kentucky. For the past thirty six years, Kentucky Farm Bureau has been investing in our state's youth through the Institute for Future Agricultural Leaders (IFAL) Program. IFAL is a unique five-day summer leadership conference that exposes students to college life and explores different fields of study for careers in agriculture. Bryanna and Abby participated in the Kentucky Farm Bureau Discussion



Chapter president Bryanna Smith and chapter vice president Abby Wolford,

Meet, toured the UK Sheep Unit and Horticulture Research Center. They also completed the Asbury

College Challenge Course, toured UK, and competed in a scavenger hunt and barnyard olympics. A huge

thank you goes out to Russell County Farm Bureau for allowing Bryanna and Abby this awesome opportunity!

Community Calendar

RCHS Class of 1982 Reunion

Russell County High School Class of '82 will hold their 40 year Reunion Saturday, Sept. 10th at the Acapulco Mexican Grill in Russell Springs 6:00-8:00pm (Pay as you order), and the Classmates of '82 will gather the night before at the Laker Football Game on Friday, Sept. 9th at 6:30pm at Finley Field to watch the Russell County Lakers vs. Casey County Rebels.

Wounded Warriors Fishing Event

Veterans who have suffered injuries related to their service are invited to the 9th Annual Wounded Warriors Fishing Event to be held at Wolf Creek National Fish Hatchery on September 7, 2022 from 6:00 am - 3:00 pm CST. Participants must pre-register by August 17, 2022. Registration can be submitted via email or postal mail to Marsha_hart@fws.gov or makenzie_foster@fws.gov or 50 Kendall Road, Jamestown, KY 42629. For more information call 270-343-3797.

Singing

ALL4HIM will be in concert at the Union Baptist Church located on Hwy. 3525 in the Gosser Ridge Community on Sunday, July 31st at 6:00 p.m. Central Time. Pastor Patrick Patterson and the congregation invites you to come and receive a blessing.

Blood Drive

Russell County Community. Thursday, July 28 from 11:30 a.m. - 5:30 p.m. CST. South KY RECC Community Room, 2405 N. Main Street, Jamestown. Please note: Online appointments and reminders (emails and texts) are shown and made in EST. For example, if you make an appointment online for 2 p.m., please arrive at the blood drive at 1 p.m. CST. Donors will be entered to win a \$100 gift card sponsored by Lake Cumberland Housing Agency! Blood donors must be at least 17 years old (16 with parental consent), weigh at least 110 pounds, be in general good health, show a photo I.D. and meet additional requirements. Sixteen-year-old donors must have a signed parental permission slip, which can be found at kybloodcenter.org. Appointments are preferred and walk-ins are welcome. To schedule a donation, visit kybloodcenter.org or call 800.775.2522.

Russell County Senior Center located at 132 Brian Walters Drive Russell Springs in Middletown

For seniors 60 and older. Open Monday - Friday 8:00 am-2:00 pm We offer transportation to and from the senior center at no cost. Provide lunch. Lunch times are 10:30 - 11:00 in our drive thru 11:00-11:30 if you want to eat inside Daily activities (BINGO, Music, Checkers, Rook, etc.) Trips every month Contact Tiffany Hammond at 270-866-2899 for more information. We would love for everyone to come join us.

Byrd-Zachary Reunion

The descendants of William Harrison Byrd & Lucinda Hildreth Zachary will be holding the 42nd annual Byrd-Zachary reunion on Saturday, July 30, 2022 from 3:00 to ??? P.M. at the Clinton County Fairgrounds in Albany, Kentucky. PICTURES taken at 4:30 P.M., DINNER served approximately 5:00 P.M. CST, AUCTION at 6:00 P.M., & DOORPRIZE drawing following auction. Please bring your favorite covered dish, family pictures, 2 gifts for the Auction & anything you would like to share. Come early & be prepared to visit & have lots of fun. There will be music, entertainment, etc. For more information contact: Kenny Byrd Jr. at 859-351-1347 or eku9507@icloud.com

Worship at the Springs

Worship at The Springs Back Parking Lot July 29th. A night of worship, Word, food and fun! Bring your lawn chair and a covered dish to the Church at the Springs 6:00 PM CST

Aquatic Exercise Classes

Aquatic exercise classes are being offered on Mondays, Wednesdays, and Fridays at the Russell Springs City Park Pool(June 1-September 2), 9:00AM-10:00AM. Classes are free. Sponsored by Russell County Hospital Physical Therapy.

Cemetery Donations Needed

Poplar Grove Cemetery on Highway 127 North is in need of donations for mowing and up keep of cemetery. Send donations to Junior Cunningham, 4562 West Highway 76, Russell Springs, KY 42642

Cemetery Donations Needed

Donations are being accepted for the upkeep of the Hadley Cemetery. Mr. Troy Young is in charge of the maintenance of the cemetery. Please send donations to Betty Higginbotham, 3756 N. Highway 55, Jamestown, KY 42629 or Geneva Walters, 224 R. Helm Road, Jamestown, KY 42629.

Al-Anon

("A mutual support program for people whose lives have been affected by someone else's drinking")

Monday nights 6:00 PM Russell Springs United Methodist Church, Russell Springs, KY

Alcoholics Anonymous(AA) Men

Monday nights at SPARC(Sobriety, Peace, Awareness, and Recovery) 270-585-5377 at 6:00 PM

Alcoholics Anonymous(AA) Women

Saturday mornings at 11:00 AM Senior Citizens Center, Russell Springs, KY

Alcoholics Anonymous(AA)

Wednesday nights at 7:00 PM Senior Citizens Center, Russell Springs, KY

Celebrate Recovery

Tuesday nights at 6:00 PM, First Baptist Church, Russell Springs, KY

Celebrate Recovery Thursday nights at 6:00 PM, Russell Springs United Methodist Church



Russell County Community BLOOD DRIVE

Thursday, July 28
11:30 a.m. - 5:30 p.m. CST

South KY RECC
Community Room
2405 N. Main Street, Jamestown

Please note: Online appointments and reminders (emails and texts) are shown and made in EST. For example, if you make an appointment online for 2 p.m., please arrive at the blood drive at 1 p.m. CST.

All donors will receive a free T-shirt, a \$10 Walmart gift card (while supplies last) and will be entered to win a new 2022 Toyota RAV4!

In addition, donors will be entered to win a \$100 gift card sponsored by Lake Cumberland Housing Agency!



SCHEDULE YOUR DONATION

kybloodcenter.org 800.775.2522 Please bring photo I.D.

Appointments preferred. Walk-ins welcome. Drive details subject to change. Please check kybloodcenter.org prior to donating. Donors with appointments will be notified of changes.

kentucky blood center
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