

March is Self-Harm Awareness Month!

Self-harm is often used to reduce emotional distress and cope with feelings of loneliness, anger, or self-worth, and can include both physical and emotional harm. This month focuses on increasing education, breaking down stigma, and providing support for individuals who engage in self-harm, so check out this month's daily challenge to learn healthier ways of coping with distress and reducing self-harming behaviors!

Mental Health Crisis Lines:

- National Suicide & Crisis Lifeline: **Call or Text 988**, or call 1-800-273-TALK (8255)
- SAMHSA National Helpline: 1-800-662-4357
- National Mental Health Hotline: 1-866-903-3787
- The Trevor Project: Call 1-866-488-7386, or Text 'START' to 678678
- NAMI Helpline for Peer Support for Teens & Adults: 1-800-950-6264
- National Sexual Assault Hotline: 1-800-656-4673

Free Social/ Support Groups:

- NAMI Virtual Recovery Mental Health Support Group – Meets via Zoom each Tuesday from 6-7:30pm (For details, email namibrevard@gmail.com)
- DBSA Online Support Groups – Meets daily via Zoom (visit dbsalliance.org/support)
- Good Company Gatherings – A free gathering to meet new friends and support each other – Meets on the 3rd Wednesday of each month from 6:30-8pm at the Moon River Café in Melbourne, FL.

WHAT'S HAPPENING IN MARCH?

- **Mar 4th** - Writing Club at Moonstruck Market from 5-7p. Every Wednesday!
- **Mar 5th** – Sunset Yoga; Free event at 6pm at Ryckman Park. Every Thursday!
- **Mar 6th** – Free Tai Chi class for all ages in Ryckman Park from 9:30-11:15am. Every Friday!
- **Mar 6th** – Cocoa Village Art Walk from 5-9p. Every 1st Friday!
- **Mar 6th** – Cape Canaveral Friday Fest; Food and craft vendors, free activities!
- **Mar 6th** – Free outdoor movie at Coastal Life Properties in Merritt Island showing Monsters, Inc from 6-9pm. Bring blankets, chairs, and snacks!
- **Mar 7th** - Bird Walk & Nature Hike at Sam's House at Pine Island Conservation Area in Merritt Island from 9-10a. Every Saturday!
- **Mar 7th** – Family Fun Day at Erna Nixon Park from 10a-2p. Stop by that pavilion for a free family-friendly activity and learn something about nature or wildlife! Every Saturday!
- **Mar 7th** – Space Coast IcePlex in Rockledge offering a free 'try-it' ice skating class; Rental skates are provided for lesson. Bring gloves, and arrive early! Only space for first 20 participants. Available 1st & 3rd Saturday in March!
- **Mar 8th** – Yoga In Nature – Free traditional yoga class for all levels at the Enchanted Forest Sanctuary in Titusville from 9:30-10:30a. Bring mat and water. Every Sunday!
- **Mar 8th** – Free Ranger-Led Tour of Turkey Creek from 10-11a. Every 1st & 3rd Sunday!
- **Mar 4th & 5th** – Free concert from the 3-2-1 Jazz Orchestra featuring TV Tunes Tonight at the Melbourne Auditorium from 7-9p.
- **Mar 6th** - First Friday Flix: Free movie and popcorn at Field of Dreams Baseball Field, this month showing Zootopia 2 at 630p! Outside snacks welcome! Every 1st Friday!
- **Mar 7th** – 5th Annual Palm Bay Multicultural Festival at Fred Poppe Regional Park from 11a-3p with music, vendors, art show, dancing, food trucks, kid zone, and hands on activities!
- **Mar 7th & 8th** – Grant Seafood Festival from 9a-5p with food vendors, live music, and vendors. Free entry and parking. Shuttled parking service provided, use intersection of US1 and Valkaria Rd in Grant, follow signage to parking lot near Valkaria Airport.
- **Mar 7th & 8th** – Fine Art & Craft Fair in Historic Cocoa Village from 10a-4p.
- **Mar 9th** - Fitness Society & Pineapples Run Club; Social group that meets to run, jog, or walk while meeting new people. Kids and dogs welcome! Starts at Pineapples in Eau Gallie from 6:30-7:30pm. Every Monday!
- **Mar 11th** – EGAD Game Night in the District: Battleship at DB Vintage at 6p; Game night hosted by rotating businesses in the Eau Gallie Arts District every 2nd Wednesday!
- **Mar 13th** – Women's Club Book Discussion at Satellite Beach Public Library from 12-2p. Bring a book you want to talk about and a bag lunch. Every 2nd Friday!
- **Mar 14th** – Titusville PD pop-up in the park at Blanton Park from 9-11a; Free event fitting and providing free bicycle helmets to kids and adults.
- **Mar 14th & 15th** – 8th Annual Strawberry Fest at Fred Poppe Regional Park from 10a-5p with strawberries for purchase, food and market vendors, free kid zone and activities, petting farm, monster truck rides, axe throwing, live music, Cirque show, and more!
- **Mar 15th** – Free Concert: The Melbourne Municipal Band Presents Rock & Roll Revue Springtime Swing Concert at Suntime United Methodist Church at 3pm.
- **Mar 20th** - Treats, Beats & Eats at Palm Bay City Hall from 5-8p with food trucks, craft vendors, entertainment, yard games, and fire trucks to explore! Free family friendly event!
- **Mar 21** – Turkey Creek Spring Art Show at Turkey Creek Sanctuary from 08:30a-2:30p.
- **Mar 21st & 22nd** – Shrimp Fest at Riverview Park in Sebastian, including live music, car show, food vendors, art & craft vendors, food competitions, farmer's market, and kid zones.
- **Mar 25th & 26th** – Melbourne Community Orchestra presents free concert series: Murder on the Symphonic Express at the Melbourne Auditorium at 7pm. No tickets required.
- **Mar 28th** – Free Move at the Palm Bay Aquatic Center, featuring Jaws (PG) at 7:30p. Open swimming begins at 6p. Guests welcome to bring chairs, blankets, and snacks.

Don't forget to check online for other local events through city event calendars, local library event calendars, or social media!!!

March Podcast Recommendation:

“Therapy For Real Life” podcast with Anna Lindberg Cedar, LCSW explores practical exercises for grounding, self-care, and burnout prevention, and discusses how to make those exercises more accessible to everyone in various facets of life.

March Affirmations:

“My inner self is strong enough to withstand temporary stressors.”

“I am in control of my emotions and how I react to situations.”

“Asking for help is a sign of strength, not weakness.”

March Monthly Self-Help Tool:

The ‘Calm Harm’ app is a free tool created by a clinical psychologist to assist individuals struggling with thoughts or urges relating to self-harm through evidence-based Dialectical Behavior Therapy (DBT) strategies, breathing exercises, educational activities, and creating a safety plan to identify supports.

You can now find our monthly newsletter on our website at www.atlanticpsych.com!



Grounding Techniques provided by TherapistAid.com:

5-4-3-2-1 Technique

Using the 5-4-3-2-1 technique, you will purposefully take in the details of your surroundings using each of your senses. Strive to notice small details that your mind would usually tune out, such as distant sounds, or the texture of an ordinary object.



What are 5 things you can see? Look for small details such as a pattern on the ceiling, the way light reflects off a surface, or an object you never noticed.



What are 4 things you can feel? Notice the sensation of clothing on your body, the sun on your skin, or the feeling of the chair you are sitting in. Pick up an object and examine its weight, texture, and other physical qualities.



What are 3 things you can hear? Pay special attention to the sounds your mind has tuned out, such as a ticking clock, distant traffic, or trees blowing in the wind.



What are 2 things you can smell? Try to notice smells in the air around you, like an air freshener or freshly mowed grass. You may also look around for something that has a scent, such as a flower or an unlit candle.



What is 1 thing you can taste? Carry gum, candy, or small snacks for this step. Pop one in your mouth and focus your attention closely on the flavors.

Categories

Choose at least three of the categories below and name as many items as you can in each one. Spend a few minutes on each category to come up with as many items as possible.

Movies	Countries	Books	Cereals
Sports Teams	Colors	Cars	Fruits & Vegetables
Animals	Cities	TV Shows	Famous People

Body Awareness

The body awareness technique will bring you into the here-and-now by directing your focus to sensations in the body. Pay special attention to the physical sensations created by each step.

1. Take 5 long, deep breaths through your nose, and exhale through puckered lips.
2. Place both feet flat on the floor. Wiggle your toes. Curl and uncurl your toes several times. Spend a moment noticing the sensations in your feet.
3. Stomp your feet on the ground several times. Pay attention to the sensations in your feet and legs as you make contact with the ground.
4. Clench your hands into fists, then release the tension. Repeat this 10 times.
5. Press your palms together. Press them harder and hold this pose for 15 seconds. Pay attention to the feeling of tension in your hands and arms.
6. Rub your palms together briskly. Notice and sound and the feeling of warmth.
7. Reach your hands over your head like you're trying to reach the sky. Stretch like this for 5 seconds. Bring your arms down and let them relax at your sides.
8. Take 5 more deep breaths and notice the feeling of calm in your body.

Mental Exercises

Use mental exercises to take your mind off uncomfortable thoughts and feelings. They are discreet and easy to use at nearly any time or place. Experiment to see which work best for you.

- Name all the objects you see.
- Describe the steps in performing an activity you know how to do well. For example, how to shoot a basketball, prepare your favorite meal, or tie a knot.
- Count backwards from 100 by 7.
- Pick up an object and describe it in detail. Describe its color, texture, size, weight, scent, and any other qualities you notice.
- Spell your full name, and the names of three other people, backwards.
- Name all your family members, their ages, and one of their favorite activities.
- Read something backwards, letter-by-letter. Practice for at least a few minutes.
- Think of an object and “draw” it in your mind, or in the air with your finger. Try drawing your home, a vehicle, or an animal.