March 2019

At the Heart of Wellness

Message from Maria

Dear friends;

The therapeutic offerings featured in this month's newsletter would have been greeted with some eye rolls in the not too distant past. Most of us in the west are accustomed to medicine that separates the mind from the body. Not surprisingly, we don’t often make the connection in the hustle and bustle of our day to day lives either.

When our first child was born, I started grinding my teeth in my sleep. You would think that I would have made the connection.

Drumming is a form of music therapy shown to reduce stress and promote relaxation. Research shows that drumming and other forms of music therapy increase engagement in treatment and can help reduce anxiety, depression and anger (Aletraris, Paino, Edmond, Roman, Bride, 2014). Author and drummer David Hickman, in long term recovery
connection - but - I didn’t. I couldn’t see it. My dental hygienist did though...but at first, I dismissed the theory. How could our greatest joy cause such an intense stress reaction? (Some of you may be giggling - but honestly - it took me a minute!) I took some time to make the connection between the immense responsibility of being a brand-new parent and how this was registering in my body.

Many times, we don’t yet have the language to express uncomfortable emotions or identify the cause of a stress that we just know is sitting there. We’ve all experienced it at one time or another; migraine headaches, muscle knots, gut issues or insomnia. These are the body’s way of signaling to us that we need to check in. Things like drumming, art, body work and mindfulness allow us to process and heal even when we may not have the words or connections all figured out.

When people are on the path of recovery, there are many moments of discovery between the mind, body and spirit. Taking time to quiet the mind allows us to discover a deeper understanding of ourselves, and, through work and practice, a sense of peace. That’s all happening here at McCall. Thank goodness!

My best to you always,
Make a difference in someone’s life and support McCall today.

Our mission is to provide comprehensive integrated substance abuse and mental health treatment to help people lead healthier and more productive lives.

Your donation will directly support our prevention, recovery and community programs and help us provide clients with the support they need—regardless of their ability to pay. Click here to donate today!

Hometown: Thomaston, Position: Lead Clinician at McCall House
Quote/mantra: Maya Angelou: "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."
Love job: The clients at McCall House are in treatment for 3-6 months and I am fortunate to really get to know them. I love being able to witness their excitement and growth as they receive the positive rewards of recovery. It’s great to see their excitement as they go through their journey!