



# CommunicAbility

A Quarterly Newsletter For Our Community Members with Disabilities

## Winter 2018

Vol. 18, Ed. 1

### Articles

- A New Year's Resolution You'll Keep
- Six Ways to Reduce Stress

### NHU Features

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*"Your hopes, dreams and aspirations are legitimate. They are trying to take you airborne, above the clouds, above the storms, if you only let them."*

- William James

*"Each of us must work for his own improvement, and at the same time share a general responsibility for all humanity, our particular duty being to aid those to whom we think we can be most useful."*

- Marie Curie

## A New Year's Resolution You'll Keep

Every New Year we struggle with the same old New Year's resolutions to better ourselves, and most of us will fail. This is because we pick things that are difficult, or things we just don't want to do. We have good intentions, but life always gets in the way.

Let's break the mold. Why must we do the same thing year after year? A New Year is coming so why not do something a little different for the New Year and put a positive spin on life, your life and the lives of those around you.

Here's a list of activities and alternatives to the typical New Year's resolutions. Hopefully with these ideas you can make a difference within yourself and in the lives of others all at the same time.

1

Find what you are good at or what you like to do, and find a way to incorporate it into your life more.

2

Find something (even if it is small) that is nice to do for someone else and pay-it-forward.

3

Find a way to make your personal environment better and then do the same for someone less fortunate.

4

Look at your relationships and find what you can do to make them better.

5

Look for injustices in the world and see what you can do about them by using your skills or interests to start the change the world needs.

6

List all the events you can think of that you would enjoy doing and can realistically do or get to, then make plans ahead of time to enjoy life.

## No Internet?

If you do not have access to the Internet at home, and are unable to access the websites listed in this newsletter, we would be happy to mail you a printed copy of the information that is available online.

To request a printed copy, please contact us via phone 414-299-0124.

Thank you!

To read more on each of these ideas, check out the full article on our blog:

[newhorizonsunlimited.wordpress.com](http://newhorizonsunlimited.wordpress.com)

New Horizons Un-Limited is a Milwaukee-based, non-profit organization that provides individuals with lifelong disabilities increased access to the information, tools and life experiences that will enable them to improve their lives.



[new-horizons.org](http://new-horizons.org)



[facebook.com/NewHorizonsUnLimited](https://facebook.com/NewHorizonsUnLimited)



[twitter.com/newhorizonsmke](https://twitter.com/newhorizonsmke)

## Reduce Stress: Six Simple Things You Can Do Right Now

We all feel it from time to time, that overwhelming sense of dread and tightness in our chest that comes with stress. While we all manage stress differently, here are a few easy ideas that can help you reduce your stress right now.



### Take a Break from Social Media

No, really, take a break! We are bombarded daily by messages and images designed to incite strong emotional responses. Sometimes it's just too much to digest. When you find yourself feeling overwhelmed put your phone down, turn off the tablet or shut down that laptop. Just walk away, even if it's just for a day.



### Journal or Talk it Out

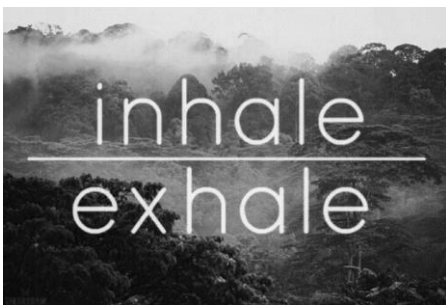
Just getting your thoughts out of your head and into the world can be immensely helpful. If you're more on the introverted side, journaling might be just the thing you need to process and contemplate your thoughts. Extroverts on the other hand might need someone on the other end taking their words in.

No matter the process, just put it out there.



### Color in a Grown Up Coloring Book

This is a fairly new phenomenon, but one that shouldn't be overlooked. Coloring is even "prescribed" by professional psychologists! Coloring an intricate pattern can actually help calm our brain's primal fight or flight response, which in turn will give our brains a much needed rest. It may seem like a childish thing to do, but give it a try and you just might surprise yourself!



### Just Breathe

There is actually science behind the benefits of regular deep breathing exercises. Deep breathing releases endorphins (you know, those feel good hormones) and helps rid the organs of toxins, which in turn increases blood flow. Not to mention oxygen helps increase our energy levels. So much science!

Sit down, back straight, close your eyes, exhale, then inhale deeply, exhale as you count to 5 and tighten your belly muscles. Repeat.



### Meditate

Meditation is not just for those "new age" hippy folks. In fact, meditation has been used for thousands of years and recent studies have shown that just a few minutes of meditation a day can help you better manage stress. There are many types of meditation, but the most common include guided (focus on a calming image, smell, or sound), mantra (repeating calming words or phrases) and mindfulness (observing your breath, acknowledging, but letting go of troubling thoughts).

“**LIFE IS BETTER WHEN YOU'RE LAUGHING**”

### Laugh

Laughter really is the best medicine! Again, science says so!

There are so many benefits to laughter (endorphins, oxygen flow, circulation, reduced stress response, relaxation) I think I'll just end the article right here and call it a day!

Now go find something funny and laugh your stress away!

# RAFFLE

## *Prizes Include:*

Performances at Milwaukee Chamber Theater and Present Music • Gourmet Baking Basket  
A One Night Stay at Sheraton, Milwaukee-Brookfield • Bread for a Year from The Breadsmith  
Dinner at Jose's Blue Sombrero • A Chef's Basket • Tickets to Road America June Sprints

*Our prizes are still coming in! Please contact us for updates to our prize packages.*

## *Tickets:*

**\$2 each • 3 for \$5 • 7 for \$10**

**20 for \$20**

## *Drawing:*

**March 22, 2018 at 3pm**

*Need Not Be Present to Win!*

## *Questions?*

*Call:* 414.299.0124

*E-mail:* [horizons@new-horizons.org](mailto:horizons@new-horizons.org)

*Visit:* [new-horizons.org/raffle.html](http://new-horizons.org/raffle.html)

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*Event proceeds support services that promote  
the lifelong learning and growth of our  
community members with disabilities.*

# COME BY TO BID ON OUR SILENT AUCTION ITEMS



*...and dozens more fabulous items!*

**Wednesday & Thursday • March 21-22 • 9 am - 3pm**

*US Bank Center Galleria • 777 E Wisconsin Avenue • Milwaukee, WI*

**Return Service Requested**

## A New Year State of Mind

It takes many tiny steps and several giant leaps to arrive at a place of change. May you be bold and forgiving in your actions, both towards yourself and others. Here's to you and your journey into 2018!

BEGIN	FORGIVE
BE PRESENT	HELP OTHERS
BE REAL	IMPROVE
BREAK THE MOLD	LAUGH
CHOOSE LOVE	LIVE GENEROUSLY
DO GOOD	REACH OUT
EMBRACE CHANGE	RESIST HATE
EXHALE	TAKE A BREAK
FIND YOUR HAPPY	VOLUNTEER

E G N A H C E C A R B M E I N I U A U  
F E O P E X H A L E Q R N T Y H Y A X  
I M P R O V E D O E E C O N G P M R K  
O I I O E B E N U E R M C U P L X R A  
F T I R I O J U T H B E A A D I D X E  
T S B U A E X N E E J L H O A V L M R  
H R E B Z A U L R M D R G Y N E O N B  
Q P P E O L P E E Y U O U E T G M T A  
X Q R R O O A H E O O D V A Y E E U E  
N V E V T L B Z Y D A O H H N N H O K  
P I S H A B N D N X L T Y N Y E T H A  
F N E Q T A N O B E S T E E B R K C T  
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G X U U B D O E N E B I C I U S R R Y  
I T T Y G H R E P I N N T P O L B B P  
O S U S C I C X E V I G R O F Y H Y D



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