

NOVEMBER

GIVING BACK, FINDING GRATITUDE

AS WE ENTER NOVEMBER—A MONTH OFTEN CENTERED AROUND GRATITUDE—IT'S IMPORTANT TO REFLECT ON BOTH THE BLESSINGS IN OUR LIVES AND THE CHALLENGES OTHERS FACE.

PRACTICING GRATITUDE HAS BEEN SHOWN TO BOOST MOOD, REDUCE STRESS, AND STRENGTHEN OUR SENSE OF CONNECTION. YET, AS THE WEATHER GROWS COLDER, MANY IN OUR COMMUNITY STRUGGLE WITHOUT THE BASIC COMFORT OF A SAFE PLACE TO CALL HOME.

HOMELESSNESS AND MENTAL HEALTH OFTEN GO HAND IN HAND.

THE STRESS OF LIVING WITHOUT STABLE SHELTER CAN MAKE CONDITIONS LIKE ANXIETY, DEPRESSION, AND TRAUMA WORSE.. UNTREATED MENTAL ILLNESS CAN MAKE IT HARDER TO KEEP HOUSING OR ACCESS SUPPORT, CREATING A CYCLE THAT'S TOUGH TO BREAK.

THESE ARE NOT PERSONAL FAILURES — THEY ARE SIGNS OF SYSTEMS THAT NEED MORE COMPASSION AND CARE. IF YOU KNOW SOMEONE STRUGGLING, A SIMPLE CONVERSATION, A KIND WORD, OR CONNECTING THEM TO MENTAL HEALTH RESOURCES CAN MAKE A REAL DIFFERENCE.



ANY VETERANS AFTER EXPERIENCING TRAUMA DURING MILITARY SERVICE. IT CAN CAUSE FLASHBACKS, ANXIETY, EMOTIONAL NUMBNESS, AND DIFFICULTY ADJUSTING TO CIVILIAN LIFE.



TOO OFTEN, VETERANS FACE THESE CHALLENGES WITHOUT PROPER SUPPORT DUE TO STIGMA OR LIMITED ACCESS TO CARE. WHEN PTSD GOES UNTREATED, IT CAN LEAD TO JOB LOSS, STRAINED RELATIONSHIPS, AND EVENTUALLY HOMELESSNESS—A PAINFUL REALITY FOR TOO MANY WHO HAVE SERVED.

IF WE WANT TO TRULY HONOR OUR VETERANS, WE MUST DO MORE THAN SAY “THANK YOU”—WE MUST ADVOCATE FOR BETTER MENTAL HEALTH CARE, STABLE HOUSING, AND THE DIGNITY EVERY PERSON DESERVES.

THIS SEASON, CONSIDER EXTENDING YOUR GRATITUDE OUTWARD: VOLUNTEER AT A LOCAL SHELTER, DONATE WARM CLOTHING, OR SIMPLY OFFER A KIND WORD TO SOMEONE IN NEED. ACTS OF COMPASSION NOT ONLY UPLIFT OTHERS BUT ALSO NURTURE OUR OWN MENTAL WELL-BEING—REMINING US THAT GRATITUDE GROWS STRONGEST WHEN IT’S SHARED.



GET INVOLVED. LISTED BELOW ARE A FEW LOCAL HOMELESS SHELTERS YOU CAN VOLUNTEER OR DONATE TO TODAY!

TROY

[HTTPS://WWW.SOCHWI.ORG](https://www.sochwi.org)

[HTTPS://COMMUNITYHOUSINGNETWORK.ORG](https://communityhousingnetwork.org)

[HTTPS://GRACECENTERSOFOPE.ORG](https://gracecentersofhope.org)

CHESTERFIELD

[HTTPS://TURNINGPOINTMACOMB.ORG](https://turningpointmacomb.org)

[HTTPS://FAMILYYOUTH.COM](https://familyyouth.com)

[HTTPS://WWW.MICHIGAN.GOV/MVH](https://www.michigan.gov/mvh)