



Mental Health Matters

TIPS TO RECOVER YOUR JOY AND ENERGY



As adults, some of us always put others first, and showing ourselves love usually comes last. Our intentions are good, but if this goes on too long, you may have trouble caring for your loved ones much less yourself. We do so much because we love so much. So, how do you get your joy and energy back?

The answer will be different for each person, and this article can provide the tools to help you find the right balance.

[Steps To Help You Recover Your Joy](#)

MINDFULNESS MADE EASY



Practicing mindfulness doesn't have to mean formal meditation and sitting still in a totally silent room! Many routine activities lend themselves to cultivating mindfulness — cooking dinner, folding laundry, even shoveling the walk. With any routine activity, begin by setting an intention to be mindful of your experience.

Making mindfulness part of your daily routine is a great way to improve your mental health!

How To Practice Mindfulness In Your Daily Life

MOTHER & BABY PROGRAM TURNS 10!



Pine Rest's Mother & Baby Program has brought hope and healing to 1,700 women and their families since opening in December 2012!

Our unique treatment model—one of the first of its kind in the country—allows women to bring their infants along to daily treatment for perinatal mood and anxiety disorders to and return home each night to their families.

Dr. Andrea McFerren, psychiatrist for the Mother & Baby Program, appeared on WZZM13 recently to talk about a decade of serving new parents.

Watch Dr. McFerren's Interview On WZZM13

Info About Mother & Baby Program

MEET DR. ANDREA MCFERREN

Mother & Baby Program



As the lead physician for Pine Rest's Mother and Baby Program, an educator in Pine Rest's residency program and a mother of two (ages 3 and 8 with her high school sweetheart), Andrea McFerren, DO moved to Grand Rapids in 2018 to complete her general adult psychiatry residency and child and adolescent psychiatry fellowship at Pine Rest.

"We are so lucky to have the Mother & Baby Program at Pine Rest. Very few healthcare providers across the country provide this level of care for individuals who are pregnant or postpartum, and it's the only one in the state of Michigan! I have yet to work with a group of patients as motivated or grateful as those in our program. As a child and adolescent psychiatrist, I love to witness the healing that pregnant and postpartum patients experience and know that we have also improved the mental health of that growing baby!"

HOW TO PROVIDE HEALTHY SUPPORT TO FAMILY MEMBERS IN RECOVERY



Do you have a family member in recovery? Are you wondering what might be the best way you can support them during this time?

The road to recovery is challenging, but those challenges can be managed more effectively when the family understands what individuals in recovery need from their families and utilizes those ideas to provide the type of support that the recovering person needs.

Ways To Support Your Loved One In Recovery

Upcoming Support Groups & Community Classes



JANUARY 17: Intro to Nurtured Heart Approach®

Cost: No Charge

Join Certified Nurtured Heart Approach® Trainer, Allison Brower, LMSW, for a one-hour introduction to learn how The Nurtured Heart Approach® can enrich your life and relationships. [Learn More.](#)

JANUARY 17: Exploring Recovery For Adolescents

Cost: \$69 per session. Most insurances accepted.

This weekly virtual group is for teens 13-17 years to have a



safe space to talk about their feelings and get support from those that understand the cravings and desire to use drugs and/or alcohol. [Learn More.](#)



JANUARY 17: Family & Friends of Aging Adults Support Group

Cost: No Charge

This month's presenter is Noelle Partee, Pine Rest, talking about "Tips and Tricks for Caregiving and Prevention Through the Eye of an Occupational Therapist". This group is designed specifically for those who are caregivers to older adults. [Learn More.](#)

Complete List of Available Support Groups & Classes