

JULY 7, 2021

VOICES



Free Walk-In COVID-19 Vaccine Clinic at Jolly Road

On Wednesday, July 14th from 9am-11am Ingham County Health Department will facilitate a free, walk-in vaccine clinic at CMHA-CEI's Main Building at 812 E. Jolly Road in Lansing!

DATE: Wednesday, July 14th

TIME: 9:00 A.M. to 11:00 A.M. No appointment required!

LOCATION: CMHA-CEI's main building at 812 E. Jolly Rd, Lansing

WHO: Anyone over the age of 12 years old are eligible to receive the vaccine. Please note that anyone under the age of 18 must be accompanied by a parent or guardian

DETAILS:

The Pfizer vaccine will be administered by the Ingham County Health Department during this clinic. If you receive your first dose at the 7/14 clinic, ICHD will let you know where and when to receive your second dose at another ICHD location.

TRANSPORTATION:

- CATA is offering free rides to vaccine clinics, learn more: <https://cata.org/ridetohope>
- Uber and Lyft will both provide free rides to vaccine clinics, learn more on their websites.
- Talk to your case manager if you need help finding transportation.



Need Help?



Do you have any questions or need help accessing any part of this newsletter? Contact Customer Service at 517-346-8244 or customerservice@ceicmh.org.

Writing Submissions



We are still taking submissions for our Writer Spotlight! Do you have a story, poem, joke, or something else that you think could be shared in a future issue of this newsletter?

Make submissions to Customer Service at 517-346-8244 or customerservice@ceicmh.org.

For news and information from CMHA-CEI, visit our website at www.ceicmh.org and Facebook page at www.facebook.com/CEICMH.

Mental Health Tips for Transitioning to a New Normal

Mental Health First Aid (MHFA) [reports](#) that, "As adults and teens across the country receive their COVID-19 vaccine, we're all beginning to wonder what normal will look like. Regardless of whether you're excited to pick up where you left off before the pandemic or you're hesitant to return to the hustle and bustle of pre-COVID life, it's important that you take your mental wellbeing into account."

As we transition into the new normal, MHFA reminds us to keep our mental and physical health as a top priority. They describe that, "It's perfectly OK to take a step back, go at your own pace or set boundaries as things begin to change." Here are some tips from MHFA to help you take care of your mental health as we ease back in:



- 1. Give yourself some grace:** It's OK if you find yourself feeling a bit anxious about COVID-19 restrictions loosening. You may have days where it feels easier than others. Whether you're overjoyed, reluctant or both, your feelings are valid, and you can adjust at your own pace.
- 2. Focus on what you can control:** You may not be able to control the restrictions in your state, but you can control where you go and how you protect yourself and your mental health. For example, if reading the news is stressful, take a break from reading it every day. Having patience with yourself and others, and staying flexible will also help.
- 3. Set a new routine:** Some aspects of your life may have changed in the last year — and you can expect more change as we move forward. Maybe you worked from home or your kids attended school online. Try creating a new routine to help you ease into the change. This could look like waking up earlier to prepare for the return to the office or making time for physical exercise.
- 4. Create healthy boundaries:** We have all experienced a range of emotions over the last year, and this transition will be different for everyone. Focus on what you are comfortable with and what will be best for your mental health. It's OK to set boundaries with friends, family and colleagues if you're feeling overwhelmed or anxious. If that feels overwhelming, start small and work from there.
- 5. Do activities you enjoy:** We've all missed some activities over the past year, so to help ease into this transition, you can start to think about doing the things you haven't been able to do. Maybe that's meeting up with friends at a restaurant, going shopping or attending your favorite exercise class. But it's important to remember, you only have to do activities you're comfortable with – don't jump back into things too quickly. If you try something new and find yourself feeling overwhelmed, it's OK to take a step back.

For more tips on dealing with change, check out these resources:

- [Adjusting to the New Normal](#)
- [How to Adjust to the New Normal](#)