

# The Mindful Messenger:

## A publication by MHA, Putnam County

February 2021

### February is Black History Month

Paying tribute to two of many, influential mental health pioneers.



**Mamie Phipps Clark,  
Ph.D. (1917-1983)**

Mamie Phipps Clark was a psychologist best known for her research on race, self-esteem, and child development. She was the first African-American woman to earn a doctorate degree from Columbia University. She previously earned both her bachelor's and master's degrees from Howard University. Her experience in college and specifically graduate level courses, helped her realize the shortage of psychological services available to the African American community and other minorities. Her groundbreaking research on the impact of race on child development helped end segregation and was influential in desegregation efforts including *Brown vs. Board of Education* in 1954. Her dedication and passion for adequate mental health services for all prompted Dr. Clark to open her own agency .

In 1946, Clark and her husband founded the Northside Center for Child Development, which was the first agency to offer comprehensive psychological services to children and families living in the Harlem are of New York City. Clark served as the Northside Center's director until her retirement in 1979.



**Maxie Clarence  
Maultsby, Jr., M.D.  
(1932-2016)**

Maxie Clarence Maultsby, Jr. was an American psychiatrist and author of several books on emotional and behavioral self-management. Elected Distinguished Life Fellow of the American Psychiatric Association, and recipient of the Lifetime Achievement Award from the National Association of Cognitive Behavioral Therapists. He is the founder of the method of psychotherapy called Rational Behavior Therapy, the emotional self-help technique called Rational Self-Counseling, and the New Self-Help Alcoholic Relapse Prevention Treatment Method. He was also an Emeritus Professor of Medicine at Howard University in Washington, D.C.

## February is International Boost Self-Esteem Month

Boosting one's self-esteem helps fight depression and anxiety and is good for overall mental wellness. While self-esteem begins to develop in early childhood, it is not set in stone. In fact, self-esteem is ever changing throughout life and is influenced by many factors including; personality, genetics, health, age, social circumstances, thoughts, reactions of and comparisons to others.

Low self-esteem can leave us feeling burdened and weighed down.



### What You Can Do To Boost Your Self-Esteem:

- Stop criticizing yourself
- Stop comparing yourself
- Start practicing gratitude
- Start moving - we all know even a little exercise is good for us!

### Offer Yourself A Big Bowl of Self-Esteem Today!



For more tips on how to boost self-esteem visit:  
[www.psychologytoday.com](http://www.psychologytoday.com)

## FEBRUARY Teen Dating Violence Awareness Month #TDVAM

**Nearly 1.5 million high school students nationwide experience physical abuse from a dating partner in a single year.**

For additional information and resources visit:  
[www.getdomesticviolencehelp.com](http://www.getdomesticviolencehelp.com)

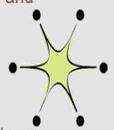
## THE ABCs OF TDV

A  
B  
C

Anyone can be a victim of dating violence. Teen dating violence is an equal opportunity problem regardless of gender, ethnicity, sexual orientation, and socio-economic status.

Be safe. Be a survivor.

Control: abuse is about control. A healthy dating partner will not control you.



## February 14-20 is Random Acts of Kindness Week

Remember: Doing for others is actually helping yourself!



*kindness is a language  
that the deaf can hear  
and the blind can see*  
- Mark Twain

## February 22-28 is National Eating Disorders Awareness Week

For free and low cost support contact: [nationaleatingdisorders.org](http://nationaleatingdisorders.org)



Our Recovery Coaches can also provide you with guidance and support on these and many other mental health issues.

Call our warmline at: (845) 278-7600

Monday—Thursday

10:00am—1:00pm

Friday 10:00am—1pm



For COVID 19 vaccine information and updates, visit <https://covid19vaccine.healthy.ny.gov/what-you-need-know>.

*Valentine's day*  
**14 February**

# Our Reality Remains Virtual



It's been nearly year since we began to almost completely rely our cell phones, computers and iPad as our primary means of connecting with co-workers, family and friends. While we held high hopes the pandemic would be under control by now and life would be back to normal, experts continue to tell us otherwise. As new and more contagious strains of the virus spread, world-wide health and safety require we remain dependent on our devices. So for at least for the foreseeable future, it's probably in our best interest to accept our fate and be grateful for our 21st century technology. After all, imagine how much worse life during a pandemic would be without these advancements. So until we can safely resume live, face-to-face and in-person contact, let's all try to make the most out of our virtual interactions. Here are some tips for enhancing your virtual experience:

- \* **Check your internet speed and connection.** Give yourself at least 15 minutes to test your technology. For optimal internet speed, you may need to relocate your wireless router or computer. Poor signals can lead to lower speeds and dropped connections. You may need to move your router closer to your computer or move the computer closer to the router. Keeping a router on top of a cabinet or shelf can help transmit a better signal.
- \* **Turn your video camera on.** Without seeing everyone it's difficult to create meaningful connections. It's also easier to become distracted and not pay attention when the video camera is off.
- \* **Properly position your device.** Whether your using a cell phone, ipad or computer, position the camera at around an arm's length and at eye level. Maintaining some distance from the camera helps prevent facial distortion caused by wide-angle cameras. Keeping the camera at eye-level prevents others from seeing you in less than flattering views, No one really wants to see up someone else's nostrils!
- \* **Mute your microphone when you're not speaking.** This is especially important during virtual work or other important meetings. When your mic is on it can pick up other surrounding noises from your neighbors or outside construction and traffic. These noises make it more difficult for everyone else to hear what the designated speaker is saying.
- \* **Be mindful of your background.** Just as the position of your device is important so is your background. Clutter, personal items and other "stuff" can be distracting and even embarrassing. Think of the teacher whose students saw his wife's bra hanging off a door knob! Scan your surroundings and make sure you hide any potential problems.
- \* **Avoid eating while on camera.** This may only apply when your virtual connection is for work or professional purposes. These days many of us are sharing virtual meals with family and friends. However, unless it is well agreed upon and previously established, such as during a "virtual working lunch," eating during meetings should be avoided altogether. No one wants you to starve or be forced to skip a meal so if you must eat, do so as discretely as possible. Make double certain your mic is off and try to sneak your bites out of view of the camera. Perhaps you can excuse yourself for a bathroom break and quickly gobble something up during your break.