

“I can be changed by what happens to me. But I refuse to be reduced by it.”  
- Maya Angelou

During these trying times, it's more important than ever to take care of our mental health. Visit the link below for the World Health Organization's [#HealthyAtHome-Mental Health](#).

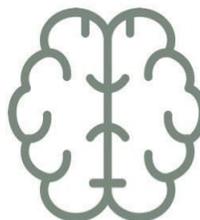
**TIC Tip**

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Maybe the superordinate goal is that we have to create an environment that evokes a common feeling we all deserve. This environment would mean we don't fear authority figures, experience hate, violence or judgement. The environment would be one of non-judgement, it would seek to understand, it would be safe. We would love and respect each other. Can we work together on this? We could start with a fearless self-inventory of our bias, our worldview, and the process in which we came to learn about other ethnicities. Lean in further to explore any racism that lurks in your thoughts and your heart. Can we own this and work to move past it? Can we look for the good in others and strive for human connection. Isn't this a meaningful goal that would be worth working together on? If we are committed to this, it also means that we will have to work together to establish trust. We will have to work together for self-healing, community healing and racial healing. Let's commit to looking for places in our sphere of influence to create pockets of this and build momentum.

**The Mind-Gut Connection**  
@holisticallygrace

Stress, trauma, depression, affect the bacteria in our gut and can create inflammation in the digestive system



Our gut health impacts our mental health.

Vagus Nerve

Our mental health impacts our gut health.

90-95% of our serotonin (the happy/wellbeing neurotransmitter responsible for regulating mood) is made in our gut



When trauma is explored as an experience rather than a personal flaw, conversations can shift to community change rather than trying to fix a “broken person”. People can gain a voice and possibly choose to engage in advocacy to create supportive communities for all.



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