

December 2015

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## Book Review: “An Unquiet Mind”

Author: Kay Redfield Jamison; 1995

Review by Alice Kieft

Dr. Jamison is a pioneer in seeking a way to live with bipolar I disorder. She was one of the first to take lithium as a measure to help control the sky highs and the death-valley lows. This book is about her struggle to exist day-to-day with bipolar dominating her world. In a manic state, you are sure you can conquer the world, and your mind whirls with the possibilities. In the depressive state, you are sure you cannot take a step forward; you are alone, tired and empty. She says, “One is what one is, and the dishonesty of hiding behind a degree, or a title, or any manner and collection of words, is still exactly that: dishonest.” I highly recommend this book to anyone who has an “unquiet mind” of bipolar I or II. I would also recommend it to those who have love ones struggling with this disorder.

## Resource

Many children with intellectual and developmental disabilities experience trauma. The National Center on Child Traumatic Stress have released a new resource: “The Road to Recovery: Supporting Children with Intellectual and Developmental Disabilities Who Have Experienced Trauma.” This Toolkit can be accessed at the following link:  
<http://learn.nctsn.org/enrol/index.php?id=370>

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## Webinar Schedule

### ○ Journey of a Self-Advocate - 10-11 a.m. Wednesday, Jan. 20

Discussion with self-advocates Marge Parker, Mary Hettle and Alice Kieft on their journey in working with the Illinois Imagines project and the importance of self-advocate involvement. Registration information will be e-mailed in the coming weeks.

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## Spotlight

### You Get Proud by Practicing by Laura Hershey

If you are not proud  
For who you are, for what you say,  
for how you look;  
If every time you stop  
To think of yourself, you do not see  
yourself glowing  
With golden light; do not, therefore,  
give up on yourself.  
You can get proud.

You do not need  
A better body, a purer spirit, or a  
Ph.D.

To be proud.

You do not need  
A lot of money, a handsome  
boyfriend, or a nice car.

You do not need

To be able to walk, or see, or  
hear,

Or use big, complicated words,

.... **MORE PROUD PAGE 2**

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.... **PROUD CONTINUED FROM PAGE 1**

Or do any of those things  
that you just can't do  
To be proud. A caseworker  
Cannot make you proud,  
Or a doctor.  
You only need more  
practice.  
You get proud by  
practicing.

There are many many  
ways to get proud.  
You can try riding a horse,  
or skiing on one leg,  
Or playing guitar,  
And do well or not so well,  
And be glad you tried  
Either way.  
You can show  
Something you've made  
To someone you respect  
And be happy with it no  
matter  
What they say.  
You can say  
What you think, though you  
know  
Other people do not think  
the same way, and you can  
keep saying it, even if they  
tell you  
You are crazy.

You can add your voice  
All night to the voices  
Of a hundred and fifty  
others  
In a circle  
Around a jailhouse  
Where your brothers and  
sisters are being held →

For blocking buses with no  
lifts,  
Or you can be one of the  
ones  
Inside the jailhouse,  
Knowing of the circle  
outside.  
You can speak your love  
To a friend  
Without fear.  
You can find someone who  
will listen to you  
Without judging you or  
doubting you or being  
Afraid of you  
And let you hear yourself  
perhaps  
For the very first time.  
These are all ways  
Of getting proud.  
None of them  
Are easy, but all of them  
Are possible. You can do  
all of these things,  
Or just one of them again  
and again.  
You get proud  
By practicing.

Power makes you proud,  
and power  
Comes in many fine forms  
Supple and rich as butterfly  
wings.  
It is music  
when you practice opening  
your mouth  
And liking what you hear  
Because it is the sound of  
your own  
True voice. →

It is sunlight  
When you practice seeing  
Strength and beauty in  
everyone,  
Including yourself.  
It is dance  
when you practice knowing  
That what you do  
And the way you do it  
Is the right way for you  
And cannot be called  
wrong.  
All these hold  
More power than weapons  
or money  
Or lies.  
All these practices bring  
power, and power  
Makes you proud.  
You get proud  
By practicing.

Remember, you weren't the  
one  
Who made you ashamed,  
But you are the one  
Who can make you proud.  
Just practice,  
Practice until you get  
proud, and once you are  
proud,  
Keep practicing so you  
won't forget.  
You get proud  
By practicing.

*For more information on  
Laura Hershey, visit  
<http://www.laurahershey.com/>*

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