



REMEMBERING MIAH

It is with a heavy heart that we formally announce the devastating passing of Dr. B.'s daughter, Miah Bundukamara. Miah was 21 years old and though she had DRPLA, the same disorder Dr. B. lost Reggie to in 2016, and that her husband is still living with, no one saw this coming as soon as it did. She was so sweet and happy and genuinely loved life. Miah was Dr. B.'s last biological child and the third child she has lost. We ask that you keep Dr. B., the Bundukamara family & The Mentally STRONG team in your thoughts as we work through this heavy time. If you would like to make a donation in honor of Miah or learn more about DRPLA you can click on the buttons below.

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The Mentally STRONG Method Element 4: Personal Vision

A new year is often an ideal time to start new intentions. Some people like to think of it as a “new beginning”. Here at Mentally STRONG, we practice The Mentally STRONG Method, created by our owner, founder and visionary, Dr. Cristi Bundukamara, PMHNP-BC. There are four total elements to The Mentally STRONG Method and the fourth element: Personal Vision, is a vital tool when contemplating areas you’d like to focus on when setting new intentions.

A key difference to keep in mind when creating your personal vision, versus goals, is that your personal vision is ultimately WHO you want to become. Start with your first intention and come up with a personal vision that encompasses who you want your future self to be. Here are a couple of categories to brainstorm: Spiritual/Faith, Physical, Mental, Emotional, Financial, Career, Purpose, Relationships, Family, Intelligence, Lifestyle and Sobriety. Next, brainstorm long-term actions you could realistically take towards achieving your personal vision. It's okay to have more than one. Following long-term action steps, come up with small steps you could take that are immediately attainable today. Last step in your first personal vision is to decipher what your barriers are. What obstacles or limitations can you identify that are hindering your ability to achieve your personal vision? Remember, just because barriers are present does not mean you're incapable of achieving your personal vision, rather, identifying them from the start allows you to strategically create a plan of action. Sometimes, it's easier to compile action steps if you list your barriers first.

If you need some guidance, check out the example [here](#). This example would be helpful for someone who may have an unhealthy relationship with food or struggling with an eating disorder. By identifying their barriers as “All-or-Nothing Thinking” or “Negative Thoughts” this will help them be aware that they will need to be conscientious of their thoughts, practice “thought-stopping” and other strategies to control their thoughts.

STAFF SPOTLIGHT



RUAIRIDH WEIR – Counselor

Ruairidh is a Mentally STRONG Method Counselor here at Mentally STRONG and is absolutely exceptional! He's constantly making efforts to improve in his position (even though he's already outstanding) and helping his team any chance he gets. He brings so much personality and laughter and joy! Ruairidh has been a great addition to our team, we are truly grateful for him and his hard work.

NIDRA BUNDUKAMARA – Lead Medical Receptionist

Nidra started with us as a Medical Receptionist and quickly moved her way up to Lead Medical Receptionist. We've seen tremendous growth in Nidra and she has received NUMEROUS positive patient reviews for her exceptional work ethic. She's a great team player and leader and we appreciate her being a part of our team. Nidra is a rare gem that we feel privileged to have here at Mentally STRONG.



NEW SERIES ON YOUTUBE

We have started a new series on YouTube Demystifying the DSM. Here Dr. B. looks at different diagnoses in the DSM-5 — The Diagnostic and Statistical Manual of Mental Disorders.

This is to help make different diagnoses accessible and easy to understand. Dr. B. has so far covered Neurodevelopmental Disorders, Autism and ADHD in children. Be sure to check it out!



5 TIPS TO IMPROVE YOUR MENTAL HEALTH IN 2022

- Talk to a counselor
- Find a life coach
- Watch or listen to Mentally STRONG's weekly YouTube videos or podcasts
- Learn self-care methods
- Try The Mentally STRONG Method

Learn more on our [blog](#).

QUICK ANNOUNCEMENT

With the recent passing of Miah, Dr. B. is working on a Grief Docuseries. It will be available on the website soon. This will hopefully show insight into how grief is a normal process.

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Read more on our [blog!](#)



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