

KUAM Article: Help build a healthier Guam

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by [Jolene Toves](#)

Guam - September is National Recovery Month and you can help celebrate by participating in National Wellness Week, a key component to improving quality of life.

Do you know a person suffering a mental health or substance abuse disorder? It may be a relative or a family friend but whoever it may be you should know that you can help build a healthier community by participating in National Recovery Month and National Wellness Week. Guma Mami acting director Sam Ilesugam said, "Wellness is part of recovery and in order for a person to be recovered well all these eight dimensions have to be addressed recovery is really the balancing of the eight dimensions."

Guma Mami program coordinator Jirrah Cabrales says balancing emotional, financial, social, spiritual, occupational, physical, intellectual, and environmental wellness contribute to making a person whole. In an effort to inspire individuals through National Wellness Week it is important to know that it takes a village to support people to live well within in their bodies, minds and communities making the eight dimensions of wellness especially important for people who have a mental health and substance abuse disorder. Wellness not only reduces the risk factors or absences of disease, illness or stress but it also affects the overall quality of life.

With this in mind Guma Mami has a week of activities lined up, as Cabrales said, "We will have an overview of all the dimensions on one of our days so during the week of the 16th through the 24th we will have each day dedicated to a specific dimension. We'll provide artistic expression often time people with disabilities or going through mental health issues they just need a way to have an outlet for themselves they can't communicate what their issues are what their problems are or how they perceive the world and artistically the can do that."

Guma Mami has planned activities to take place at the Sinajana Community Center such as artistic expression, spiritual dimension, line dancing, and financial literacy. As well as a walk at UOG and a community beautification project at GMI Community Homes. In addition to Guma Mami's activities other organizations also have activities planned for the month of September.

For more information on how you can participate and complete list of activities planned contact Guma Mami at 477-1757 or visit them on Facebook.