



## May and Mental Health Awareness Month

THERE IS NO ALTERNATIVE  
TO BEING YOURSELF

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This email is the second core value of the mission statement of Gleaves Consulting and is featured in the digital campaign created by Nancy Gleaves of Gleaves Consulting. To celebrate the Silver Anniversary of their general counseling and consulting practice, Kenneth and Nancy are expanding upon and refining their mission of a **commitment to professional service delivery and promoting positive lifestyle change**. This digital campaign will present how these core values are demonstrated within their practice and also in their home town of Evergreen Park, IL Throughout this last year, the term harvest has best summed up our brightest aspirations. Whether we are referring to the sustainability of lifestyle changes or the decision to practice quality self-nurture, the driving force is a commitment to continue making useful choices rooted in values of self preservation. .

For more information about positive lifestyle expression:

positive lifestyle expression

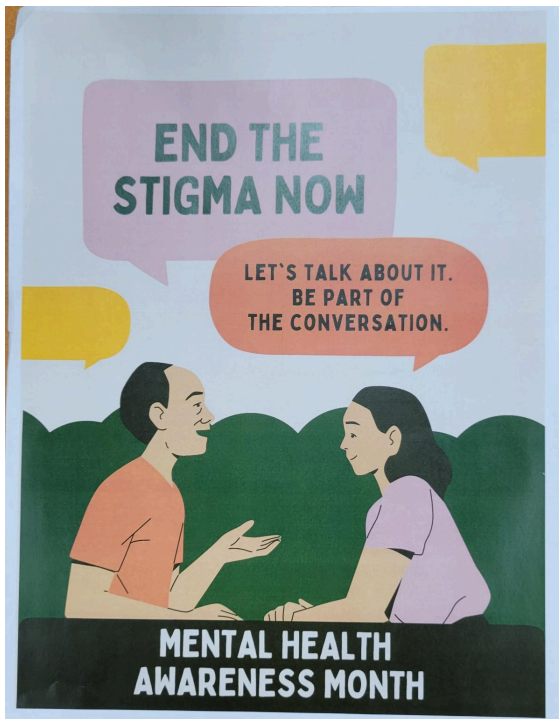
## An embodied Core Value

As the year moves forward, I am reminded of all the events that tend to happen in May. Small Business Week, International Workers Day to commemorate the 1886 HayMarket Mental Health Awareness. Certain events mark milestones in one's life as graduations, weddings, anniversaries. Some events may be thrilling and ecstatic, others may have a bittersweet quality to them, while others still have a certain experience of unfinishedness if there has not been adequate healing or resolution. For Kenneth and myself, May has marked numerous new beginnings and one that is near and dear to our heart is our modest, self-made endeavor we call Gleaves Consulting. Positive Lifestyle Change is infused in our very beings. Commitment to healthy nutrition, embracing the value that movement is medicine,



and a cherished view of the need to provide self-nurture are nonnegotiable acts of self-love. The maiden voyage of Gleaves Consulting set sail from 3220 West 98th Street in Evergreen Park on Friday, May 1, 1998. While the stories alone of how Kenneth and I have been shaped by the experience of "putting out our shingle" against a background of profound economic changes, a behavioral health industry that changes every day and an unprecedented global pandemic is story of about resilience and tenacity. The historical record will denote that after 24 years, the counseling and consulting practice of Gleaves Consulting moved to a new location at 3450 West Maple Street in Evergreen Park. There probably not many small businesses that would say the work they do, or how they do the work they do is the same post Covid. This email effort is one piece of how we have changed some of our methods, and adding telehealth is another..

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Mental Health Awareness Month showcased several different types of material available to visitors. The offerings were recent and published between 2017 and 2019. Other books were New York Times best sellers such as "Welcome to the United States of Anxiety. This book in particular had a wonderful reference in the back that cited numerous studies done on nutrition, work performance, general lifestyle habits

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Often times one will find a penny on the sidewalk, and may or may not pick the penny up. This may be known as a "lucky penny". I found it ironic I would find a quarter in the alley. As I assembled this message of our evolving core values, I considered how this coin represents a value of 25 cents, and as a measure of value, Kenneth and I have gained a fair measure of wisdom over the last 25 years. Our practice, is humble, modest and certainly my work today convinces me positive lifestyle change and responsible choice making still has a place in this delicate, and fragile planet.



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