



May 2019

## Celebrating National Mental Health Month!

When was the last time you practiced self-care, PowerHouse?

Did you know, over a third of Americans believe they simply do not have enough time in the day to accomplish everything they want. This prevailing belief that 'success' is directly related to one's ability to 'do it all' is adversely affecting individual health across the board - as anxiety, depression, and overall emotional distress has nearly doubled over the last decade. Unfortunately, this lack of personal self-care can contribute to difficulty focusing and concentrating, impatience, irritability, trouble sleeping, and of course, mental and physical fatigue. Studies have shown that not only does constant stress raise your blood pressure and heart rate, it actually shrinks the brain's gray matter and changes our epigenetic makeup over time.



How often has someone asked you how you are, to which you've responded - 'busy'? In America, we have developed the belief that busyness determines one's status, and the busier one is, the more productive and valuable we believe them to be. So, how do we challenge this societal ideal? By practicing self-care and promoting the importance of work-life balance. Below are 6 simple self-care practices to add to your every day routine!

- **Simplify your Schedule.**
  - Are you over-committed? Are there things that you need to let go? Ask yourself which activities and relationships are truly adding value to your life, and intentionally make space for those things.
- **Do Something that Energizes your Body.**
  - Stretch, swim, run, do yoga, or whatever physical activity you enjoy. Exercise is a key part of self-care.
- **Create a Gratitude List.**
  - Write down all the things that you're thankful for.
- **Meet with a Counselor.**
  - This could be a psychologist, therapist, or spiritual mentor. Never underestimate the value of unbiased therapeutic care.
- **Unplug for a Day.**
  - Go on a media and technology fast, and turn off any unnecessary electronic devices.
- **Be Still.**
  - Find a quiet place outside, and embrace the stillness. How often are you actively present in your day to day life?

Until next month - take care,  
Maggie

# Engage your Community - with PowerHouse Montana!



## PowerHouse Montana Gatherings

May's PowerHouse Theme:  
**National Mental Health Month**

**Monday, May 13th at 5:30pm**

[PowerHouse Great Falls](#)

Rikki's Bar and Restaurant

1220 9th St. S.

Great Falls

**Sunday, May 19th at 5:30pm**

[PowerHouse Billings](#)

InterUrban Apt. Homes Clubhouse

610 S. 44th St. W.

Billings

**Special Guest Speaker:** Johnna Jablonski, Loan Specialist at Big Sky Finance

### Other PowerHouse Events:

**May 9th - 10th**

[Women's Circle of Excellence Conference](#)

Bozeman

**May 29th**

[Childcare Solutions Conference](#)

Helena

**May 30th - 31st**

[The Last Best Conference](#)

Missoula

## Featured PowerHouse Opportunities

**Carol's List  
Executive Director**

*Statewide*

[Website](#)

**Submittable  
Various Positions**

*Missoula, Montana*

[Website](#)

**State of Montana Board, Council and  
Commission Openings, from the  
Office of the Governor**

*Statewide*

[Website](#)

**PowerHouse Montana Jobs Board**

*Statewide*

[Website](#)

### What is PowerHouse Montana?

PowerHouse Montana (in-person) gatherings are a series of events fueled by women in communities across the state of Montana.

They meet on a monthly/quarterly basis to discuss and learn from one another in a casual networking format.

Create your own PowerHouse profile today and start growing with influential women across the state @ [powerhousemt.org/register](https://powerhousemt.org/register)

**PowerHouse Administrative Contact:**

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## Featured PowerHouse Articles and Resources

### Montana's First All-Girl Scouts BSA Troop Launches in Bozeman

"When 11-year-old Rose McCarter first joined Scouts BSA and got her uniform, the organization's old name, Boy Scouts of America, was embroidered over the shirt pocket. So Rose hid the word Boy under a heart-shaped pin, to make it read Scouts of America. Rose is one of seven Bozeman girls who have joined

Montana's first all-girl troop in Scouts BSA, the rebranded name of what was the Boy Scouts for more than a century." [Learn more about the troop, here.](#)

### Montana Women in Business: What's Changed and What Still Needs Work

"Twenty-five years ago, I ran into a few instances in the workplace of attempted discrimination against women who had children," Heck said. "I was surprised by the lack of knowledge of fair employment practices as they related to working mothers, at that time many employers did not have an HR professional on staff. We educated such employers that they could not apply any unfair filtering systems but to embrace all qualified people; in fact these people became great contributors to their organization. I also chartered the Society for Human Resources Chapter in Flathead County, which provided necessary support and education for employers." [More on this, here.](#)

### Montana Women's Business Center at Prospera Business Network Wins National Award

The U.S. Small Business Administration has recognized the Montana Women's Business Center at Prospera Business Network located in Bozeman as the 2019 National Small Business Week Women's Business Center of the Year. The WBC's director, Suzi Berget White will accept the award on behalf of the center in early May during the NSBW awards ceremony." [Celebrate alongside Prospera, here.](#)



### A Sixth-Grader was Sick of Coloring. So She Skipped Six Grades to Attend Cal State L.A.

"Mia Turel was in first grade when she asked her father to teach her how to chart the probability of losing her baby teeth over time. By second grade, she was reading high school-level books on Martin Luther King Jr. Then she became fascinated by TED Talks on global warming and marine biology. So when her sixth-grade teacher assigned the class to color a map of Mesopotamia, Mia wasn't exactly thrilled." [Read more about Mia, here.](#)

### Black Female Physicist Pioneers Technology that Kills Cancer Cells with Lasers

"Dr. Hadiyah-Nicole Green is one of fewer than 100 black female physicists in the country, and the recent winner of \$1.1 million grant to further develop a technology she's pioneered that uses laser-activated nanoparticles to treat cancer." [Discover more, here.](#)

## Happenings from PowerHouse Montana

### The Athena Pack



The Women's Foundation of Montana was a proud sponsor of the [Athena Pack](#), which took place on May 1st and 2nd in Bozeman.

This two-day summit brought together women from across the nation to discuss varying topics from financial health and planning, to the importance of practicing self-care and promoting diversity.

The Women's Foundation also had the unique opportunity of presenting [Ruchika Tulshyan](#),

author of 'The Diversity Advantage: Fixing Gender Inequality in the Workplace,' a book on how organizations can advance women – and the business case for doing so.

# The PowerHouse Marketplace



Put the **POWER** of PowerHouse to work for you by becoming a PowerHouse Partner!

The Women's Foundation is thrilled to announce the arrival of our [PowerHouse Marketplace!](#) Our Partners will be recognized through online listings featuring your business description and location, alongside a photo or logo.

- **Be recognized as a champion for Montana women, alongside other great companies and organizations.**
- **Support the work of PowerHouse Montana to connect women to mentors, opportunities and resources.**
- **Harness the **POWER** of PowerHouse Montana!**

If you are interested in more information, please follow-up with Maggie Sullivan at [Maggie@mtcf.org](mailto:Maggie@mtcf.org) for more details.

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If you have any questions about [PowerHouse Montana](#), the [Women's Foundation of Montana](#), or would like to make an edit to your PowerHouse profile, please email Maggie Sullivan at [Maggie@mtcf.org](mailto:Maggie@mtcf.org) or call (406) 541-7409.

PowerHouse Montana | (406) 541-7409 | [E-mail](#) | [Website](#)



## About PowerHouse Montana

PowerHouse Montana is an initiative of the Women's Foundation of Montana with two goals in mind: (1) connecting Montana women with the resources, mentors, and opportunities they need to create thriving businesses and thriving lives, (2) increasing the number of Montana women in leadership by providing a go-to source for organizations and companies looking for their next CEO or board chair.

The Women's Foundation of Montana advances economic independence for Montana women and creates a brighter future for our girls. Learn more at [www.wfmontana.org](http://www.wfmontana.org).

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