

# ARROWHEAD CLUBHOUSE SANDWICH



**Thinking About the Future Makes Life  
More Meaningful**

**September 2022**

# The Future

A poem by Foye Hatton

Uncertainty creeps in.

What next?

We dream of tomorrow.

Questions abound.

Palms sweaty, head spinning.

We dream of tomorrow.

The night comes.

The dreams return, seeping through the cracks.

We dream of tomorrow.

Always over the horizon.

Just a day away.

We dream of tomorrow.

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Arrowhead Clubhouse, one of 36 services run by SCCSS, is a place where people living with mental illness can come to learn skills, get support and build relationships in a safe, stigma-free environment.

<https://arrowclub.org/>

# How Thinking About the Future Makes Life More Meaningful

Source: Greater Good Magazine

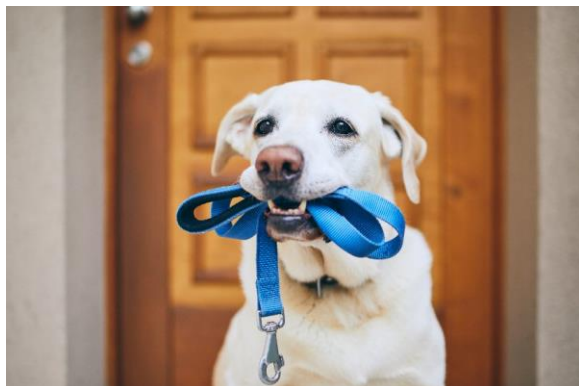
URL: [https://greatergood.berkeley.edu/article/item/how\\_thinking\\_about\\_the\\_future\\_makes\\_life\\_more\\_meaningful](https://greatergood.berkeley.edu/article/item/how_thinking_about_the_future_makes_life_more_meaningful)

Writer: Summer Allen

Date: May 1, 2019

Mindfulness is all the rage these days, and for good reason. Focusing on the moment can improve our well-being, foster compassion, and help our relationships. What about going beyond the present moment? Yes, thinking about the future can trigger anxiety—but a growing body of research suggests that it can also make our lives more meaningful.

Humans aren't alone in having some ability to consider the future, a process that scientists call "prospection." After all, your dog gets excited when they see you holding a leash because they anticipate a walk is imminent; your cat may show similar excitement at the sound of a can being opened. There's even evidence that some animals—like bonobos and ravens—can choose and save tools that they plan to use in the future.



It is this remarkable ability to simulate our possible futures that makes our prosppection special. Just like gold prospecting may literally make you rich, studies suggest that prospecting about your future can enrich your life in at least four ways.

### 1. Helps Us Make More Prudent Decisions

Perhaps one of the most fundamental and important functions of prosppection is that it helps us decide how to act: Thinking about what the future likely holds helps us decide what course to take in the here-and-now. Several studies have examined how thinking about the future shapes our decision-making.

Researchers have been particularly interested in the psychology that drives our process of deciding between receiving something now versus receiving something of greater value later. In general, people tend to choose smaller but more immediate rewards over larger rewards that they have to wait for, a phenomenon known as "delay discounting."

Another study showed that participants who felt closer to their future selves

were more willing to wait for a larger reward than those who anticipated changing; the same was true when they were asked to make decisions on behalf of a fictional character who they knew would go through a life-changing event (like a religious conversion or returning home from war).

While interesting in its own right, this research could have important personal ramifications. If people could be made to feel a more immediate connection to their eventual retirement (and consequent drop in income), they may be more motivated to make prudent decisions.

In fact, one experiment found that manipulating how people think about the time until their retirement—in days rather than years—caused them to plan to start saving for retirement sooner, because the shift in time perspective made the participants feel more connected to their future selves. A 2014 study found that viewing realistic computer-generated images of what they may look like in the future decreased their discounting of future rewards and led them to contribute more to a hypothetical retirement account.

## **2. Motivates us to achieve our goals (if we do it right)**

Research has found that positive thinking about our future can backfire. The more people positively fantasize about successfully reaching their goals, the less effort they actually put into realizing them. For example, in one

study, the people who fantasized more about successfully losing weight actually lost less weight. Another study found that students who fantasized about their transition into a professional career were less successful in their job search and students who dreamed more about their crush were less likely to start a relationship with their crush.



Importantly, both of these studies found the opposite effect for having positive *expectations* (“judging a desired future as likely”). People who expected to lose weight were more likely to actually lose weight; students who expected they would find a job were more likely to actually land one; and students who expected to enter a relationship with their crush were more likely to actually do so.

It makes sense that having positive expectations—optimism, essentially—could increase our ability to achieve our goals, but why might fantasizing about the future actually *decrease* the chance of achieving what we want? Because,



write Oettingen and Klaus Michel Reininger, positive fantasies “lead people to mentally enjoy the desired future in the here and now, and thus curb investment and future success.”

But often our goals come from our fantasies. We want to excel at work, find Mr. or Mrs. Right, or run a marathon. How do we turn these fantasies into behaviors that can help us reach our goals? Research suggests that while optimism is important, it is also helpful to draw a contrast between our fantasies and our current reality, which allows us to see barriers that must be overcome.

For example, one study asked students to mentally contrast their positive fantasies about benefiting from a vocational training program with aspects of the program that could impede their progress. This reflection caused students who expected to do well in the program to commit themselves more, and those who expected to do poorly to commit themselves less—again pointing to the importance of optimistic expectations to success. But the mental contrasting was also key: Positive expectations did not increase commitment in participants who were not assigned to compare their present situation with their future desires. Results from a later study suggest that the effectiveness of mental contrasting is due to “energization”—meaning that, when people have high expectations for succeeding at something, considering what might impede their goals gives

them energy to try to overcome those barriers.

### **3. Improves psychological well-being**

Besides helping us make decisions and reach our goals, there is evidence that prospection may improve psychological health more generally. It might even help people who are struggling with depression and those recovering from trauma.

Indeed, some researchers pose a link between poor prospection and certain psychological disorders such as depression.

“We see faulty prospection as a core underlying process that drives depression,” write psychologists Martin Seligman and Anne Marie Roepke in the book *Homo Prospectus*. In particular, they note that people with depression imagine possible futures that are more negative than people without depression. Moreover, people with depression tend to overestimate risk and to have more pessimistic beliefs about the future.



That might be why research suggests that targeting negative beliefs about the future can be helpful. Some techniques used in cognitive behavioral therapy, for example, involve correcting how people think about the future, and some studies have shown that cognitive behavioral therapy can improve prospection. There is a 10-week program called “Future Directed Therapy” that induces participants to spend less time dwelling on the past or on current struggles.

Instead, they are asked to spend more time thinking about what they want from the future, while developing skills to reach those future goals. A nonrandomized pilot study found that patients with major depressive disorder who completed this intervention showed significant improvements in depression, anxiety, and quality of life compared to patients who completed standard cognitive behavioral therapy.

For people recovering from trauma, a 2018 study suggests that writing optimistically about the future—an intervention called prospective writing—might encourage post-traumatic growth (that is, positive psychological growth following a traumatic life event). In this study, adults who had recently experienced trauma were randomly assigned to a prospective writing intervention group, a factual writing control group, or a no-writing control. Throughout the study, those in the prospective writing group showed greater improvement in surveys measuring aspects of post-traumatic

growth, including relationship quality, meaning in life, life satisfaction, gratitude, and religiosity-spirituality. One 2018 study found that taking the opportunity to savor an upcoming experience actually heightened people’s enjoyment both during the unfolding of the experience and when remembering it later.

One way to engage in anticipatory savoring, suggested by Roepke and Seligman in a recent review article, is to modify the “three good things” gratitude exercise. Instead of writing three good things that happened today, you can write three good things you anticipate happening tomorrow and what you can do to make it more likely that those things actually happen. For people who are struggling, they suggest also writing down three methods that could be used to mitigate disappointment if the good things do not actually happen. These could include coping strategies (exercise, reaching out to a friend, etc.) or alternative strategies to making the good thing happen (e.g., if a friend cancelled lunch, you could suggest lunch next week).

#### **4. Makes us more kind and generous**

How we think about the future doesn’t just influence our own lives. It can also influence how we treat other people.

In particular, picturing yourself helping someone in the future may make you more likely to actually do so. For instance, a 2018 study found that participants reported being more willing

to help other people who needed help (such as a person who was locked out of their house or who lost their dog) if they had previously been asked to imagine helping a person in a similar scenario. People who were asked to imagine the helping scenario more vividly—by picturing the event occurring in a familiar location—were even more willing to help. One experiment even found that people who imagined helping actually gave more money to people in need when given the opportunity.

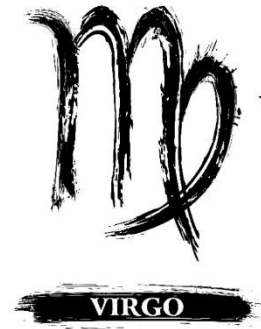
A second experiment replicated this finding: People predicted that giving money to someone they had never met would be more rewarding when they were asked to think about the more abstract meaning and consequences of their actions (e.g., how this decision fit in with their life's past and future experience) than when they were asked to consider a more concrete perspective.

Could this abstract-versus-concrete effect have real-world consequences? The researchers think so: While there's a lot left for researchers to discover about prospection, you don't need to wait for their published studies. You can try your own experiments right now, to see if prospection helps you to live a more generous, happier, and more meaningful life.



## Virgo Horoscope – September 2022

Virgo natives are more logical and practical. Along with this, their witty style helps them to make their own identity among others. In this regard, the Virgo natives will be favoured by luck in their careers in September 2022. Both, the working employees and businessmen, will attain the results of their former hard work. This will help them progress in their career and strengthen their position at the workplace. The natives who were thinking of changing their business will especially enjoy a favourable time this month. But avoid making any decision in haste.



However, there could be some troubles in education and family life. Saturn present in your fifth house will make the students work hard the most. They will feel distracted, but they must try to concentrate on only studies at this time, or else they will be unable to perform well in the upcoming exams.

September 2022 will be less favourable in the love related matter of the Virgo natives. The natives will feel the lack of love and romance in their relationship, and they might even have to face the wrath of their beloved due to a bad habit. The presence of Saturn in the fifth house in a retrograde state of the married natives will bring problems in their marital life. You might fail to spare time for your life partner due to the workload and the burden of family responsibilities.

This month will bring profit from foreign mediums in the financial domain. If your business is associated with foreign then you will get numerous profitable opportunities. But your desire to earn money quickly might make you want to opt for an illegal path. Refrain from going against the law, or you will land yourself in serious trouble. You will have to take care of your health the entire month as this month will be weak on the health front. Especially the natives suffering from any former disease might face more health problems this month. Also, you might suffer from any new disease or joint pain, bone problems, etc.

### **Career**

This month will be favourable for the Virgo natives career-wise. You will be favoured by your fate in your career at this time, which will help you attain success and progress at the workplace. If you have been thinking of switching jobs for a long time, this month will provide you with better opportunities at good organizations. Many natives will even bag the desired transfer. But for this, you will need to maintain a good relationship with your seniors.



If you are associated with business, this period will be positive for you. The natives who want to start a new business or want to expand their existing business will enjoy a favourable time this month. The auspicious planetary position will give you a good outcome despite fewer efforts. So take advantage of this opportunity.

### **Finance**

This month will be positive in terms of financial life for the Virgo natives. The natives associated with business, especially with speculative business, this period will be favourable for them. But your desire to earn more money quickly might make you do wrong things. So, avoid getting entangled in illegal matters due to greed, or it will increase your troubles. You might even attain unexpected money during this time. The aspect of Saturn on your second house could give you immense money at this time. The natives could also succeed in getting foreign money through some mediums. Apart from this, if your money was stuck somewhere in the past and you had no expectations of getting it back, you might receive it this month.

### **Health**

This month will be mixed for the Virgo natives in the health domain. For the natives who are suffering from some prior disease, it might become worse this month. Some natives might suffer from a new disease. This month, the Virgo natives will be troubled the most by joint pain, bone-related diseases, etc. The presence of the lord of your sixth house, Saturn, in its own sign in the fifth house, might increase your trouble by making you suffer from an old disease again.

Try to consume only home-cooked food if possible. But due to the presence of Ketu in your second house, you will be relieved from some physical problems.

### **Love/Marriage/Personal Relations**

This month will bring contradictory results in the love life of the Virgo natives. Especially the natives in a romantic relationship will have to face the wrath of their beloved. Your bad habit might bother your partner this month. So, maintain good behaviour while meeting or talking to your beloved.

Saturn is present in a retrograde state in the fifth house of the married natives. Due to this, your marital life will be less favourable. You or your life partner may face some health issues during this time which will lead to the physical distance between you two. You will feel surrounded by the burden of responsibilities of marital life which will cause you mental stress.

### **Family & Friends**

This month will be challenging in terms of the family life of the Virgo natives. The unrest in the family will bother you, but you will need to correct the situation on time, or else the adverse circumstances will take the form of a serious issue and will lead to your mental stress.

You might get into conflicts with your family members against your will. Owing to this, you should stay calm and avoid taking any decisions without consulting the elders.

# Recipe of the Month

## Fox's Potato Bacon Bombs

20 lbs russet potatoes: peeled, boiled and mashed

2 packages bacon: Cooked crispy and crumbled

1 900 g pack cheddar cheese: Grated

1 batch green onions Diced.

With a spoon, scoop out a bit of potato, add some cheese and bacon, add more potato and roll into a ball, with potato and bacon acting as a "stuffing"

Arrange potato" bombs" on parchment paper lined baking pan and bake at 350 for 30 min.

Serve with Salad

# Most Popular Morning Question

## WHAT T.V SHOW DO YOU REMEMBER MOST FROM YOUR CHILDHOOD?

**Crystal Slight Silverman:** Mr. Dressup and His Tickle Trunk, The Friendly Giant

**Robby Gillard:** All in the Family, Mash

**Nancy Henderson:** Gunsmoke, The Waltons, Little House on the Prairie, Cartoons

**Hilary Guile:** Lassie

**Jill Stones:** Gilligan's Island

**Amanda Schell:** Happy Days, Love Boat, Fantasy Island

**Allan Forest:** Howdy Doody

**Debbie Boudreau:** The Brady Bunch, Little House on the Prairie, The Flintstones, Bugs Bunny, Mr. Dressup, The Partridge family

**Mathew Silverthorn:** V



# Member Survey

## WHAT ARE YOUR CURRENT GOALS?

**Steve M:** Try and figure out my health issues

**John K:** Live under the same roof as Brenda

**Theresa:** None so far

**Aaron:** Continue thriving, attend meetings, save money, build confidence with my first aid

**Kristaps:** Work on my poetry, prep for more travel, make more work goals

## HOW CAN ARROWHEAD HELP YOU ACHIEVE YOUR GOALS?

**Steve M:** Help with research

**John K:** Help with Legal aid

**Theresa:** So far so good

**Aaron:** Continue to encourage first aid training

**Kristaps:** Not sure

## WHAT SHOULD ARROWHEAD SET AS A FUTURE GOAL?

**Steve M:** Arrowhead is doing great so far

**John K:** More art programs

**Theresa:** Set more goals

**Aaron:** More guest speakers

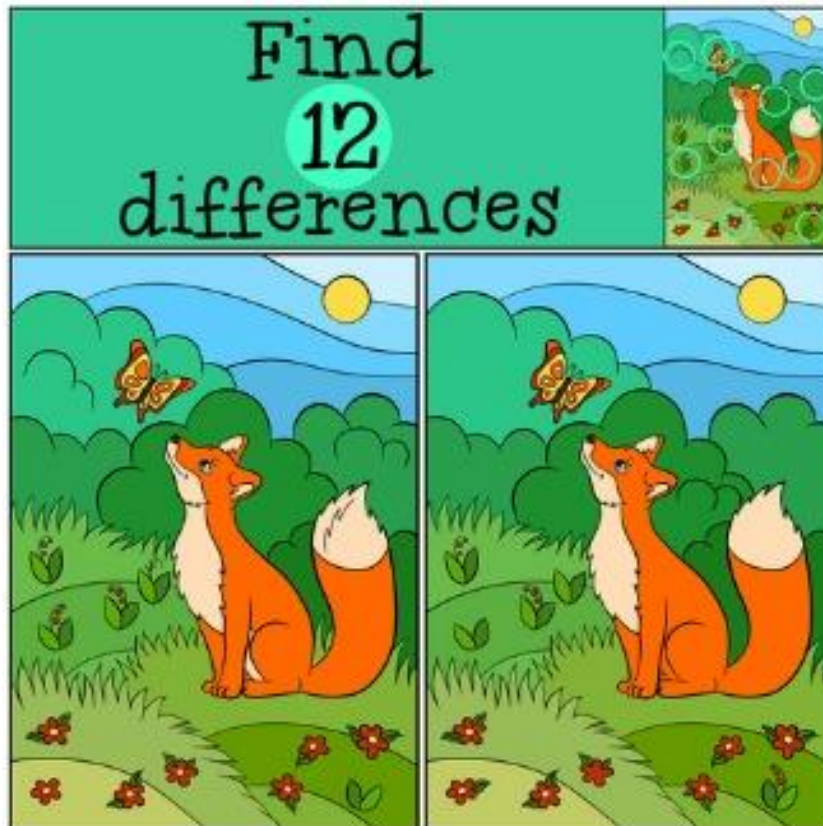
**Kristaps:** More posted success stories

# Back to the Future

S	C	O	N	F	U	S	I	O	N	E	F	P	E
K	G	D	S	C	I	E	N	T	I	S	T	R	I
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T	T	A	P	R	O	I	W	Y	E	A	R	S	J
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 SCIENTIST  
 HOVERBOARD  
 SPIELBERG  
 SKATEBOARD  
 FUTURE  
 LIBYANS  
 EINSTEIN  
 BIFF  
 WILD WEST  
 CONFUSION  
 FLUX  
 PLUTONIUM  
 PARADOX  
 PAST

Play this puzzle online at : <https://thewordsearch.com/puzzle/5571/>

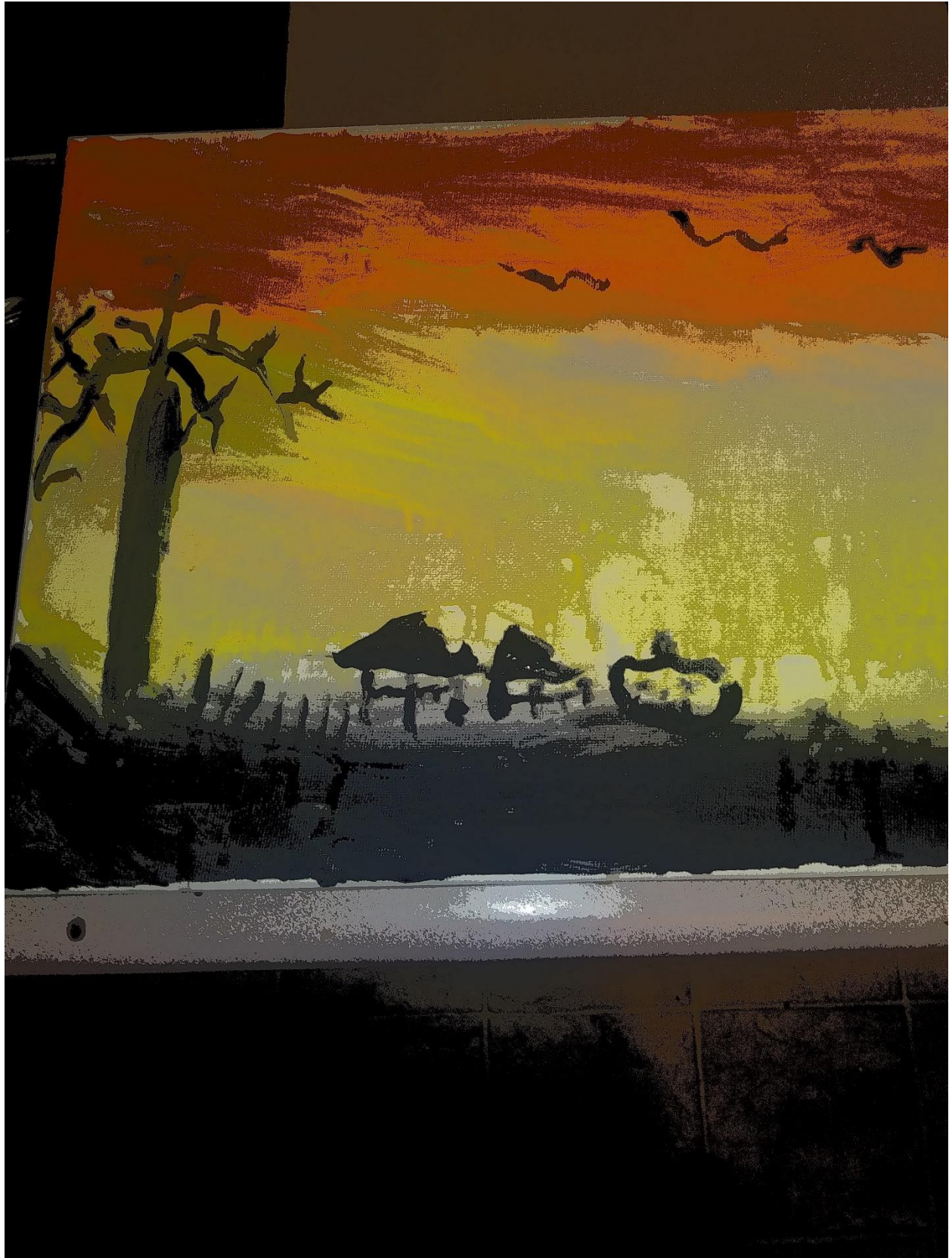


CREATIVE CORNER



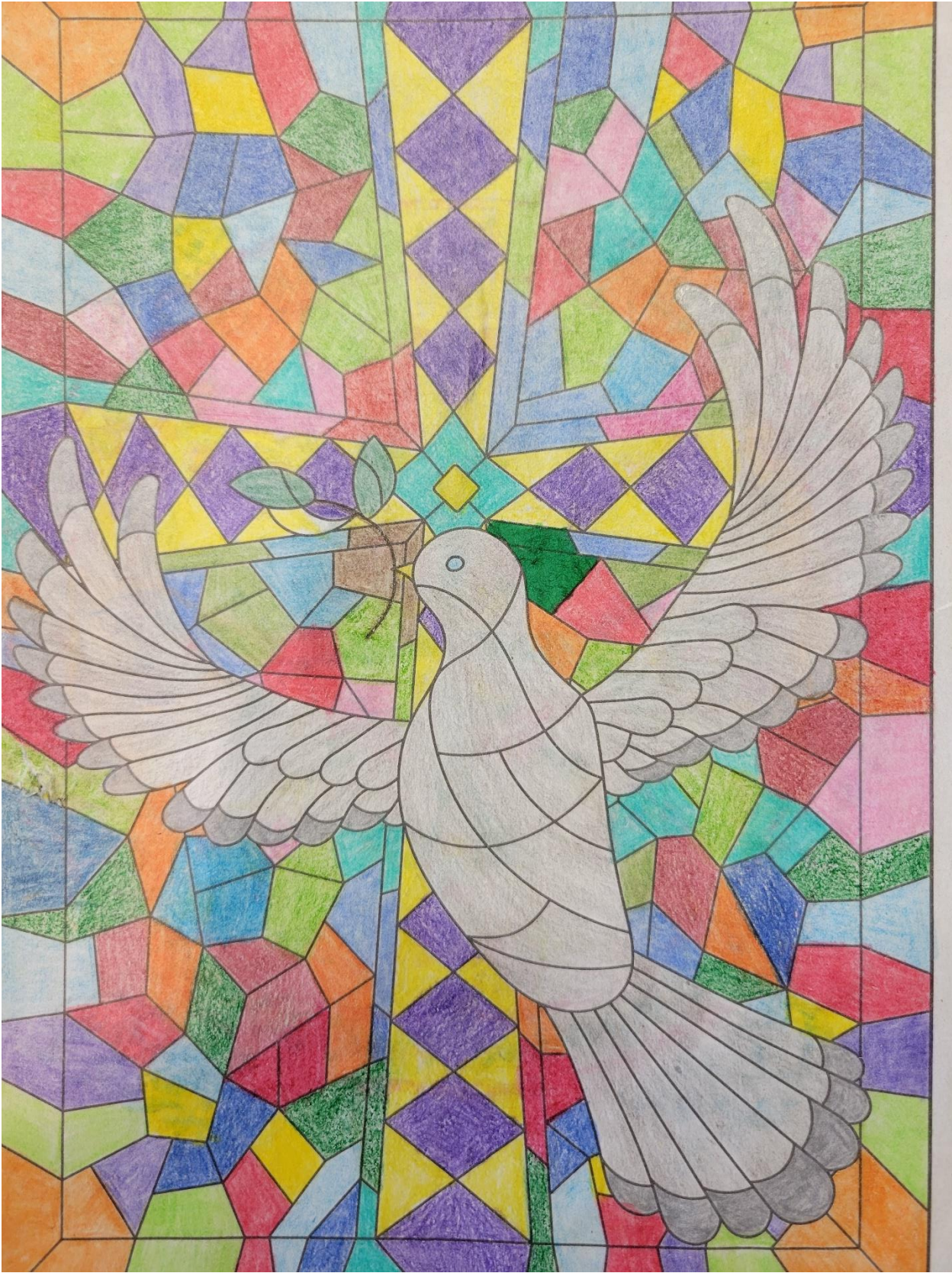
# Members Art

Freehand by Pam





And one by Nan





# Calendar of Events

## September 7

Members and staff will hit the water for a kayaking adventure. Sign-up sheet is in the dining room. Spaces are limited, but there will be a “stand-by” list.

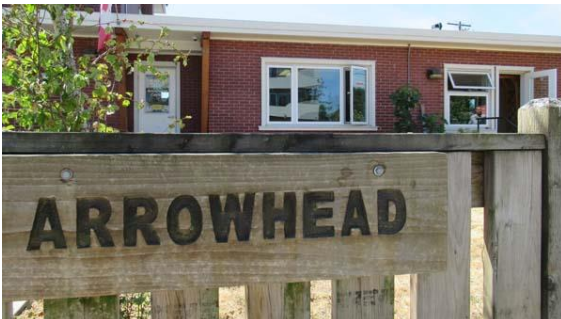


## September 20

Arrowhead gives back! The community has been so supportive of Arrowhead Clubhouse that the members would like to give back to the community in kind. On September 20, staff and members will be doing a beach clean-up. This is the first of a few events planned. Keep your eyes open for more opportunities to give back to our lovely neighbourhood.

## September 23

Celebration of life. We have lost 5 members recently and we have chosen to hold a celebration of life for all of them simultaneously on September 23 in the Clubhouse garden between 11 A.M. and 1 P.M. Please join us in saying goodbye to those we have lost too soon.



# Famous Quotes About Goals & Achieving

**"I lived the true American dream, because I was able to pursue what I set as my goals at a very young age."**

-- Mario Andretti

**"My goal is to be one with the music. I just dedicate my whole life to this art."**

-- Jimi Hendrix

"NOTHING CAN STOP THE MAN WITH THE RIGHT MENTAL ATTITUDE FROM ACHIEVING HIS GOAL NOTHING ON EARTH CAN HELP THE MAN WITH THE WRONG MENTAL ATTITUDE."

-- Thomas Jefferson

*"I hope the millions of people I've touched have the optimism and desire to share their goals and hard work and persevere with a positive attitude."*

-- Michael Jordan

**"My goal was just to work regularly. I didn't ever expect to be rich or famous. I wanted to be a working character actor."**

-- Harrison Ford

*"It is for us to pray not for tasks equal to our powers, but for powers equal to our tasks, to go forward with a great desire forever beating at the door of our hearts as we travel toward our distant goal."*

-- Helen Keller

*"Nothing brings me more happiness than trying to help the most vulnerable people in society. It is a goal and an essential part of my life - a kind of destiny. Whoever is in distress can call on me. I will come running wherever they are."*

-- Princess Diana

## Art for the Fall

The Arrowhead Art Program will be back on track this month. The Art Program is scheduled for Thursday mornings, but Art happens around our Clubhouse all week long! In September we will be making cards and framing pictures. Don't Worry if you can't draw, there is still lots of Arts and Crafts to try. Also, you might not know what You Can Do!

We will be learning how to create your own Colouring Pages, how to tint black and white illustrations, and how to find images that are public domain to print with our new fancy printer to frame. We also will be doing some watercolour painting and using acrylics.

We will be able to have a Christmas Art Sale this year in December and it's time to start creating things to sell, or to give as gifts.

Don't forget that even though Art is only scheduled for one day a week, supplies are available for your own projects any time. Just ask Melanie, Jill, or Foye for assistance.

Also, Anyone who wants to HELP OUT with the Art Program, please let staff, or Melanie know. There is lots of things I could use some help with!

-Melanie Elizabeth, Art Coordinator

## Colouring Contest

Colour the picture on the next page entitled The Gleaners (extra copies with staff) and submit for next month's issue of The Sandwich. All entrants receive a prize.

## Creative Writing Challenge

Tell a story about someone who has the goal to immigrate to Canada. All entrants receive a prize. Video entry on this topic will also be accepted.

Do you want to be more involved in Arrowhead? The magazine is always looking for new people to help out in various ways. Also, don't forget we are also looking for video content for online.