



Anti-Anxiety Resource Ranch  
2022-12 ISSUE #2

# YEAR-END DISPATCH

## Anti-Anxiety Resource Ranch Chronicles

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¡Buen día amigos!

Members, friends, and supporters of those coping with anxiety, we are sharing AARR Year-End Dispatch, second edition E-newsletter to tell you more about our efforts so far at the Anti-Anxiety Resource Ranch (you may unsubscribe at any time).

As the COVID19 pandemic impacts carry-on, we continue to focus on establishing a solid foundation at The Ranch, while growing anti-anxiety resource links that are digitally available to all readers.

The need for anti-anxiety support is real—did you know mental illness is more prevalent than cancer, diabetes or heart disease?

We need many more programs and services to address living with anxiety, Post-Traumatic Stress Disorder and related mental health conditions. With the AARR digital resource hub well underway, we will next develop retreats for coping and thriving with these disabling illnesses. We will ask for your input via a poll to ensure we know your most needs for AARR Retreats development.

Since inception, we have received positive reactions to our Anti-Anxiety Resource Ranch membership and we hope you will help to spread the word. Frankly, the larger our group, the better chance we have to attract funding support for our mission and vision.

We invite you to read on to see how you benefit from being a member or by sharing your ideas or support.

*Wishing you well in 2023!*

*Paul & Shona*

Co-Founders & Directors

Check us out on our Social:





## HOME @THE RANCH

### Our Work @The Ranch

#### TOP STORIES @THE RANCH

[Home @The Ranch](#)

[AARR Resource Hub](#)

[AARR Membership Matters](#)

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Did you know that anxiety has been recognized as a disability in many places, as seen by these examples in both of:

[The United Kingdom](#), (see paragraph A5)

&

[Ontario, Canada?](#)

During this past year, The Anti-Anxiety Resource Ranch has doubled to four team members being committed to lifelong enhancement of our digital Resource Hub. We are actively soliciting funding to enrich the contents and ensure compatibility across all user-platforms.

We have begun further efforts to develop new programming and support for those living with these disabling mental health conditions and can share our partnership proposal for creating meaningful, helpful retreats, with member input to ensure we address the correct topics.

**If your workplace or someone you know supports funding for mental health projects, please let us know [@The Ranch](#).**

Additionally, we are actively exploring innovative ideas to enhance information access with our digital resources.

**MEMBERS ARE INVITED TO [SEND US THEIR FAVOURITE LINKS TO RESOURCES FOR COPING WITH ANXIETY—OUR LIST IS EVER-GROWING!](#)**



## MILESTONES @THE RANCH

**MARCH 2023**—plans are underway for the first annual general meeting for the Anti-Anxiety Resource Ranch upcoming in March.

**DECEMBER 2022**—our membership has grown by 40% to 98 and are in 14 countries, up by 17% since the same time last year.

**SEPTEMBER 2022**—Lundbeck Canada made a timely donation which will support AARR operations.

**JUNE 2022**—Partnered with members in representing vitiligo— a visible, noncontagious skin condition which may cause anxiety due to stigmatization – for their World Vitiligo Day global advocacy by presenting perspectives from Cuba and Nigeria, as shown on page 4.

**JANUARY 2022**—72 members in 13 countries, pre-launch

**DECEMBER 2021**—Caribbean connections grew via member, Jorge H at *Vitamigos*, following a video presentation by co-founder, Shona Fleming, during their support group reunion.

**SEPTEMBER 2021**—World global advocacy debut, presenting alongside the European Patients' Forum's Elena Balestra and the International Alliance of Patients' Organizations, CEO Kawaldip Sehmi.

**JUNE 2021**—AARR logo was approved by the board.

### ANTI-ANXIETY RESOURCE RANCH Annual General Meeting

The first-ever Annual General Meeting @The Ranch is now scheduled to be held online:

**Wednesday, March 15, 2023\***

If you would like more information and the link to attend—say, "yes", in reply here [@The Ranch](#).

\*Time TBA by January 31, to reflect our best opportunity for our RSVP'ed members & their time zones.

## AARR RESOURCE HUB

Our Resource Hub is laid-out online as a virtual ranch, to allow the user to go to the area of "living with anxiety" that they would like help with, such as challenges for teens or crafts to help mindfulness for coping.

Relevant to anyone who works or lives with anxiety and related mental health conditions, share new anxiety resource links and connections to help increase access around the world, here [@The Ranch](#).



## AARR MEMBERSHIP MATTERS

### Almost 100 International Members & Growing!

Thank you to our members who have seen the vision of The Ranch and enrolled (at no cost) to receive E-news and future Member Voices poll invitations.

With strong interest in our Anti-Anxiety Resource Ranch, we are delighted to reach 98 members from 14 countries in our growing Anti-Anxiety Resource Ranch member "Ranchero Round-up". Since the same time last year, that is a growth in members of 40% and in countries represented by 17%!!

See this page inset for our World Vitiligo Day collaboration and members' thoughts about joining us here @ The Ranch.

### Also Growing—

### AARR Global Team!

We would like to take this opportunity to call out and thank our two newest team members who are supporting our mission from the USA—NG0tiate's Manuel Alvares in Cleveland, Ohio and Simona Carlotti in Chicago, Illinois.

It is with pleasure that AARR team strives to shine some light while trying to reduce stigma and assist those living and coping with anxiety and related and often debilitating conditions.

**ON June 25, 2022** Anti-Anxiety Resource Ranch supports our members & community on:

## WORLD VITILIGO DAY

*My vitiligo started in the middle of an anxiety crisis, and since then I have noticed that whenever I'm under stress new spots appeared.*  
—Jorge, Cuba

*I got vitiligo 10 years ago. It started when I lost my father and I got depressed.*  
—Alba, Cuba

*Definitely Vitiligo is triggered by stress, That's why we need to heal our minds first of all.*  
—Jose, Cuba

*When I have too much work, then I feel anxious and that affects my vitiligo.*  
—Pedro, Cuba

*My vitiligo is connected to my mind; whenever I feel bad, I get new spots.*  
—Iliana, Cuba

*I must say, just discussing with you and reading through the website and newsletter, I have learnt about me and anxiety, never knew that was what I was dealing with, I could tell when I was having Panic attacks, it was really helpful that I have an idea what I was dealing with and little steps on what to do.*  
—Ogo, Nigeria

**Join our Anti-Anxiety Resource Ranch membership— stay up on tips & news. Special thanks to Vitamigos and VITSAF for sharing real perspectives on this day.**  
Please donate if you can.

Anti-Anxiety Resource Ranch



## AARR MEMBER ROUND-UP

The Ranch concept was created to allow members and nonmembers alike the opportunity to readily access the kinds of coping and living support needed for anxiety and related mental health conditions.

### AARR Membership Benefits

We strive to raise awareness about the debilitating impacts of anxiety and related mental health conditions, along with concurrent issues of stigma which so often create barriers to seeking treatment, support and services, via:

- **AARR Member Polls, 'From the Horse's Mouth'**—the voice of those living with anxiety – as our members and stakeholders share their opinions via optional member polls, they will inform development of needed programs and services which can be test-piloted and adopted across communities with similar needs
- **Digital Access to our Anti-Anxiety Resource Hub**—relevant electronic and physical resources information centralized via our website and membership E-news links.
- **AARR Wishing Well**—connecting individual members and like-minded organizations to develop supports for anxiety. Our members may submit any wish for help with living and coping with anxiety and The Ranch team will help to share ideas for the needed support with potential donors and volunteers.

More members benefits are shown [online here](#).

### 'FROM THE HORSE'S MOUTH'

—COMING IN THE NEW YEAR—

Lend your voice for all coping with anxiety—  
take our short poll!!

WATCH FOR OUR SURVEY INVITE  
IN JANUARY!

Did you know that "Vitamin D may regulate mood and reduce depression" and the farther you live away from the equator, the more likely you need vitamin D supplements?

### [Join us @The Ranch!](#)

The degree to which our members become involved is entirely personal.

We accept individual and group memberships,  
for all who are coping or wanting to learn more about living with anxiety.

To be part of this anti-stigma, anti-anxiety group, simply submit your first name, last initial, province/state and country to [sign-up to the Ranch membership](#) at no cost.



## PARTNERING WITH THE RANCH

### Ranch Partners Needed to Fund Anxiety Support

We are delighted to report that we already have 98 members from 14 countries before officially promoting our growing Anti-Anxiety Resource Ranch no-cost membership!

Relevant to anyone who works or lives with anxiety and related mental health conditions, The Ranch is seeking funding and connections to help increase access for people around the world.

*Do you know of a group or individual who may understand the need for coping with life with anxiety and related mental health conditions and might be able to offer funding support?*

Please let us know @[The Ranch](https://www.instagram.com/TheRanch)

– we will be happy to share more information.

We are now seeking funds to develop an automated member database. Interested in exploring partnerships? Contact us to chat more about [corporate](#) or [grant](#) opportunities.

Check out our [website](#) for more information @ the [Anti-Anxiety Resource Ranch](#):

[anti-anxiety-ranch.org](http://anti-anxiety-ranch.org)

## PARTNERSHIP OPPORTUNITIES HERE @THE RANCH:

### WE ARE SEEKING FUNDS TO DEVELOP:

- an automated member database
- a proprietary *Anxiety Aid App*
- Retreats for coping & thriving with anxiety & related conditions
- a compendium of mental health resources available for specific target audiences

Interested in exploring partnerships or know someone who is?

Contact us to chat more about corporate opportunities or grants.

We are so grateful for a kind donation from [Lundbeck Canada](#), which will help us manage operating costs.

From their website, Lundbeck Canada states that they are "one of the only biopharmaceutical companies in the world focusing exclusively on brain diseases, and ...set apart by our specialization".

Check out their article about [Understanding Psychiatric Disorders](#).