



FROM OVERWHELMED TO EMPOWERED

# *A life regained* with PM+

## Background

Natalie\* was known for her unwavering dedication to her community. Whether it was responding to a call from her church, volunteering at school, or offering help to anyone in need, she always said yes. However, the constant pressure of meeting everyone's expectations began to take a toll. By the time she sought support from a PM+ Helper, she was overwhelmed, struggling with anxiety, and unable to find time for self-care.

*\*Name changed for confidentiality purposes*

## Intervention

Natalie's journey with PM+ began with a five-session intervention designed to address her stress and anxiety. From the very first session, "Managing Stress," Natalie learned practical techniques that made an immediate impact. In this session, she discovered the power of deep breathing and how a few calm breaths could help her reframe situations and find solutions. This simple yet effective tool became part of her daily routine.

In addition to managing stress, PM+ emphasized the importance of staying connected with friends and engaging in activities that bring joy. Natalie realized that her daily walks were not just a form of exercise but a cherished moment of peace. With the guidance of her PM+ Helper and the PM+ workbook, Natalie gained valuable skills in problem-solving and adjusting her perspective.

**Mental Health  
Training Solution:**  
PM+ (Problem  
Management Plus)

**Objective:**  
Reduce anxiety and increase  
personal happiness

**Program Length:**  
5 sessions

### Outcomes

Natalie now feels more in control of her life. "I feel like this program would benefit anyone," she says. The program helped her manage her personal challenges and equipped her with practical tools for long-term well-being.

### Extended Impact

Heidi Rudstrom, ForeverWell Coordinator at the Duluth Area Family YMCA, who underwent PM+ training, shares a similar sentiment. During the pandemic, she made hundreds of wellness calls to seniors, offering support and resources. Today, many seniors are returning to the YMCA, and Heidi feels better equipped to assist them in managing their mental wellness. "I am forever a better fitness instructor and human being after going through PM+ training," she says.



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—Heidi Rudstrom  
ForeverWell Coordinator  
Duluth Area Family YMCA

### Conclusion

The PM+ program empowered Natalie to regain control over her life, while also preparing her and others, like Heidi, to positively impact the well-being of those around them. PM+ has proven to be a valuable resource in fostering resilience and mental wellness across communities.



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