

Wellness Corner Connection

Ways to boost your mental health:

Track gratitude and achievement with a journal. Include 3 examples for each.

Set up a getaway. The act of planning a vacation and looking forward to it boost your overall happiness for up to 8 weeks.

Work your strengths. Do something you are good at to build self-confidence, then tackle a tougher task.

"You don't have to see the whole staircase, just take the first step." - Martin Luther King, Jr. Think of something in your life you want to improve and figure out what you can do to take a step in the right direction.

One reason people resist change is because they focus on what they have to give up instead of what they have to gain.



Mothers and their children are in a category all their own. There's no bond so strong in the entire world. No love so instantaneous and forgiving.
-Gail Tsukiyama

Debby Schiffer, Wellness Director for BURLCO & TRICO

Mental Health Facts In America

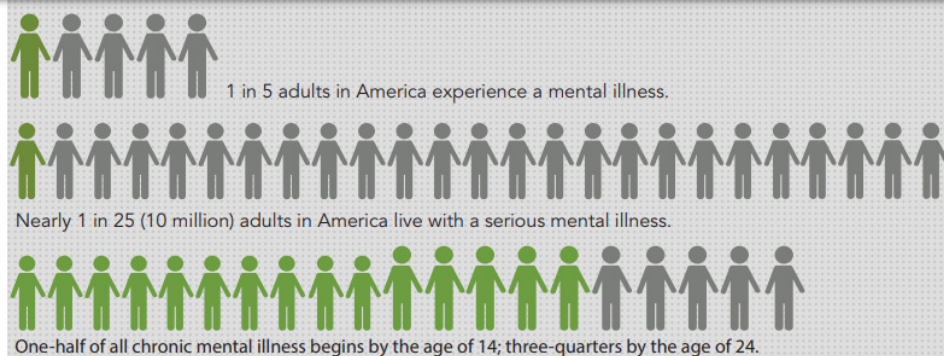
Mental health refers to our cognitive, behavioral, and emotional wellbeing - it is all about how we think, feel, and behave. The term 'mental health' is sometimes used to mean an absence of a mental disorder. Mental health can affect daily life, relationships, and even physical health. Mental health also includes a person's ability to enjoy life - to attain a balance between life activities and efforts to achieve psychological resilience.

According to the WHO (World Health Organization), mental health is:

"... a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community." The WHO stresses that mental health "is not just the absence of mental disorder."

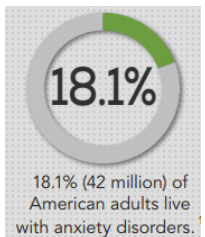
We all have the potential to develop mental health problems, according to experts. It does not matter your age, gender, financial status or ethnicity. Nearly 1 in 5 Americans experience mental health problems each year, that's 18.5% of the population! In the U.S. and much of the developed world, mental disorders are one of the leading causes of disability.

Fact: 43.8 million adults experience mental illness in a given year.



Anxiety Disorders—these are the most common types of mental illness. An individual with this disorder has a severe fear or anxiety linked to certain objects or situations. Examples of anxiety disorders include:

- **Panic disorder** - the person experiences sudden paralyzing terror or a sense of imminent disaster.
- **Phobias** - these may include simple phobias (a disproportionate fear of objects), social phobias (fear of being subject to the judgment of others), and agoraphobia (dread of situations where getting away or breaking free may be difficult). We really do not know how many phobias there are - there could be thousands of types.
- **Obsessive-compulsive disorder (OCD)** - the person has obsessions and compulsions. In other words, constant stressful thoughts (obsessions), and a powerful urge to perform repetitive acts, such as hand washing (compulsion).
- **Post-traumatic stress disorder (PTSD)** - this can occur after somebody has been through a traumatic event - something horrible or frightening that they experienced or witnessed. During this type of event, the person thinks that their life or other people's lives are in danger. They may feel afraid or feel that they have no control over what is happening. (cont. on pg 2)

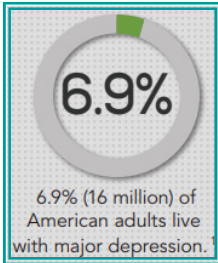


Resource: Medical News Today



Mental Health Facts (cont. from pg 1)

Mood Disorders—these are also known as affective disorders or depressive disorders. People with such conditions have significant changes in mood, generally involving either mania (elation) or depression. Examples of mood disorders include:

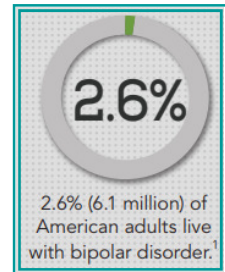


Major depression - the individual is no longer interested in and does not enjoy activities and events that they previously liked. There are extreme or prolonged periods of sadness.

Bipolar disorder - previously known as manic-depressive illness, or manic depression. The individual switches from episodes of euphoria (mania) to depression (despair).

Persistent depressive disorder - previously known as dysthymia, this is mild chronic (long term) depression. The patient has similar symptoms to major depression but to a lesser extent.

SAD (seasonal affective disorder) - a type of major depression that is triggered by lack of daylight. It is most common in countries far from the equator during late autumn, winter, and early spring.



Early signs

It is not always easy to tell whether someone is developing a mental health problem; however, if certain signs appear in a short space of time, it may offer clues:

- Withdrawing from people or activities they would normally enjoy.
- Sleeping or eating too much or too little.
- Feeling as if nothing matters.
- Feeling helpless or hopeless.
- Consistently low energy.
- Using drugs more than normal (including alcohol and nicotine).
- Displaying uncharacteristic emotions.
- Confused, forgetful, edgy, angry, upset, worried, or scared.
- Not being able to complete standard tasks, such as getting to work or cooking a meal.
- Persistent thoughts or memories that reappear regularly.
- Thinking of harming one's self or others.
- Hearing voices or having delusions.

Resource: www.mentalhealth.gov

Impact



1st

Depression is the leading cause of disability worldwide, and is a major contributor to the global burden of disease.¹



-\$193b

Serious mental illness costs America \$193.2 billion in lost earning every year.³



90%

90% of those who die by suicide have an underlying mental illness. Suicide is the 10th leading cause of death in the U.S.³

Ways to Get Help

Connect with other individuals and families

Self-sufficiency is a praiseworthy strength. Yet when we are faced with a truly great undertaking, it is wisdom over strength (reaching out to others) that often times gets us through.

Talk with your doctor

Learn more about mental illness

Visit NAMI.org



The Power of Positive Thinking



For those of you who strive to be more positive, I think you will agree, it can have a remarkable effect on your life. I personally have experienced transformation myself and have witnessed the good it has had on others who focus on the positive rather than the negative.

Some studies have actually revealed what the most successful and happy people think about all day long...the findings...they think about what they want and how to get it. When you focus on what you want (rather than what you don't have!) you feel happier and in greater control of your life. When you think about what makes you happy, your brain releases endorphins which give you a generalized feeling of well-being (Brian Tracy International). This develops a positive attitude.

Happy people seem to have a special quality that enables them to live a happier life than the average person.

That quality is **optimism!** You aren't born optimistic; it is a quality that is learned. This is positive news! Optimists seem to have a different way of approaching and dealing with the world:

1. First, they keep their minds on what they want, and keep looking for ways to get it. They are clear about goals and they are confident that they will accomplish them, sooner or later.
2. Second, optimists look for the good in every problem or difficulty. When things go wrong, as they often do, they say, "*That's good!*" And then set about finding something positive about the situation.

The optimist looks for the lesson in every setback. Rather than getting upset, giving up or blaming another for what happened, they take control of their emotions by saying "What can I learn from this experience?"

For many of us, this type of thinking does not come easy. We all have a set point. By that I mean when something happens, even if we are happy initially, if we lean towards the negative, our thoughts and emotions will resort back to that "set point", pushing those happy thoughts away. However, you can "hit reset" and learn to view life with a more positive mindset. Let's look at some ways on how we can achieve this:

Positive affirmations are positive phrases that can be repeated over and over to teach you how to get rid of negative thoughts and encourage a positive attitude.

DECIDE TO BE HAPPY

Resolve from this point on to see your glass of life as half full rather than half empty. Happy people look at the good in their lives, their blessings, rather than worrying or complaining about what they do not have.

Assume the best in others. Most people are pretty decent, honest and are trying to do the best thing they know how. When we look for the good in others, most often we find it.

YOUR POSITIVE ATTITUDE IN ACTION

It's easy to be cheerful when things are going according to plan. But it is when you encounter unexpected setbacks and difficulties that you demonstrate to yourself, and the world around you, what kind of an attitude you really have. Sometimes our initial reaction is "doom". But as we start to *practice* positive thinking, we can quickly stop ourselves from continuing down that negative path, and *believe* that good will follow. Try it. I often have to re-route myself but it's SO worth it!! Catching yourself heading down that negative road is half the battle in conquering it!

Avoid negative self-talk

Lots of people talk themselves out of achieving their goals before they ever take their first step toward achieving them. You can be better than that by learning how to avoid negative thoughts and instead focus on the positive.

Think your way to success

People who are successful tend to predominantly have thoughts of optimism for health, wealth, and abundance. You can choose whether you'll learn and grow from events that happen in your life, or whether you'll act the victim.

Increase your expectations

If you don't expect great things to happen in your life, you won't recognize them when they do. Part of this means that you need to believe that your greatest days are ahead of you, not behind you.

Adopt a positive belief system

Thoughts are things. Thoughts create your reality. And your thoughts are a result of your beliefs. Ask yourself a serious question: are your beliefs helping you, or hurting you? If your beliefs don't allow you to create the life you want to live, it's time to make an upgrade.

Resource: <https://inspiyr.com/positive-thinking/>

The pessimist sees difficulty in every opportunity.
The optimist sees the opportunity in every difficulty.
WINSTON CHURCHILL



Quick & Easy Ways to Improve Your Mental Health

Mind Your Body

A healthy body leads to a healthy mind. Studies have shown that exercise and proper diet actually improve mental capacity and longevity. Being overweight can lead to self-esteem issues and eventually depression, and a salt- and fat-heavy diet makes for a lethargic body and mind. Eat more fresh fruits and vegetables, then join a gym or create your own home workout program and start addressing your physical health today.

Volunteer

Volunteering your time can be a major boost to your self-esteem, plus you get that “feel good” emotion by helping out those in need. If you’re looking for opportunities to volunteer in your local community, use the website VolunteerMatch for guidance. There are many concrete benefits of giving back to the community, one of the least celebrated is the emotional health of the giver.

Ask for Help When Needed

There’s nothing wrong with asking for help if you’re worried about your mental health, and it doesn’t necessarily have to involve a professional service — although that might be a good idea if you believe your condition is serious. Reach out to friends or family members and simply tell them you haven’t been feeling well. Open up an honest line of communication and you’re sure to find ways to alleviate the problems.

Relax More

Do you lead a busy professional life? How about at home — do you have kids? In today’s day and age it’s easy to feel like you’ve got no time to yourself, but it’s there — you just have to commit to it. Even if you can squeeze in just 30 minutes of alone time in which you listen to music, meditate or read a good book at the end of the day, your mind can benefit a great deal.

Associate With Positive People

Associating with the right people can do worlds of good for your mental health. If your friends or family members tend to be negative and simply don’t see the glass as half-full, find yourself some better people to spend time with. Of course, you don’t have to ditch important folks just because they have negative attitudes some of the time, just bolster your network of friends with those who don’t. Otherwise, those damaging mindsets may seep into your thinking.

Keep a Diary

Keeping a diary can do worlds of good for your mental wellbeing. Sometimes the simple process of writing out your feelings and reactions to life’s events can crystallize issues you didn’t consciously recognize.

Eliminate Bad Habits

Are you still smoking cigarettes? What about consuming alcohol? If you are, do what you have to do to quit. Either of these vices can give you short-term pleasure, but they do serious damage to your overall mental health. Excessive drinking can actually boost stress and may lead to depression, and smoking can increase tension.

You can achieve a much better frame of mind, and live a lot longer, by changing your ways. If that’s not motivation enough to quit, you can also save quite a bit of money by ridding yourself of these vices.

Do More of What Makes You Happy

If you like playing golf, do more of it. Enjoy crossword puzzles? Schedule more time for them. Whatever it is in life that makes you happy — as long as it doesn’t have consequences detrimental to your health — commit to doing it more often.

It’s way too easy to get caught up in the hustle of professional life, or get overwhelmed by stress, but stress cannot cure any problems. Identify the activities that bring you happiness and find more time for them.

Set Life Goals

If you don’t have a clear direction in life, chances are your mind is constantly wading through the possibilities and stressing about the future. Whether it’s on a personal or professional level, try to set long-term goals. That way, you know what you’re working toward and it’s going to be easier to ward off career or personal life dissatisfaction. When you reach a goal your notion of self-worth improves.

Control Your Finances

Personal finance is a huge factor in mental health. If you’ve been struggling of late to make ends meet, it can be all too easy to fall into a state of depression, dissatisfaction or general discontent.

Do everything you can to strengthen your financial picture. Get yourself on a budget, control and reduce your expenses, and try to earn extra money on the side. Being proactive about your finances can have a huge impact on your mental health, so get started today.

Communicate More

No matter who you’ve got in your life — whether it’s a huge family or just one best friend — communicate often. The more you talk about your feelings and emotions, the easier it is to identify any potentially troubling signs. Keep your personal relationships intact and use them to your best advantage.

Resource: PsychCentral



ASPARAGUS WITH TOMATO-WALNUT PESTO

INGREDIENTS

1/3 cup walnut halves and pieces
 2 pints grape tomatoes
 Cooking spray
 Kosher salt
 1 garlic clove, peeled
 2 tablespoons olive oil
 2 tablespoons white wine vinegar
 1 teaspoon smoked paprika
 Pinch of red pepper flakes (or more to taste!)
 Kosher salt, freshly ground pepper
 1 TBSP vegetable oil, divided
 2 pounds thin asparagus, bottoms trimmed

110 CALORIES

SODIUM 4%DV-105mg

FAT 12%DV-8g

PROTEIN 8%DV-4g

CARBS 3%DV-9g

FIBER 16%DV-4g

BENEFITS OF ASPARAGUS

1. Loaded with nutrients
2. Helps fight cancer
3. Packed with antioxidants
4. Brain booster
5. Natural diuretic
6. Contains vitamin E
7. It can ease a hangover
8. It beats bloating
9. Rich in folic acid
10. Filled with vitamin K



INSTRUCTIONS

1. Preheat your oven to 450°F. Line a large, rimmed baking sheet with foil and spray lightly with cooking spray.
2. Heat a small saute pan over medium-low heat. Add the walnuts and shake to spread them out in a single layer. Toast for 2 minutes then stir. Repeat a few times for a total of 6-10 minutes, until the walnuts are fragrant and starting to brown a bit. Remove from the heat and transfer immediately to a food processor.
3. When the oven is heated, place the grape tomatoes on your prepared baking sheet. Spray them lightly with cooking spray and sprinkle them with about 1/2 tsp kosher salt, tossing to coat. Roast the tomatoes on a rimmed baking sheet for 10 minutes. Pull the sheet pan out and give them a gentle stir with a wooden spoon. Continue roasting for 5-10 minutes more until the tomatoes look a bit blistered & charred. Remove from the oven and set aside to cool slightly.
4. Meanwhile, grate the garlic into the food processor with the toasted walnuts. Pulse several times to puree and combine. Add in the olive oil, vinegar, smoked paprika, red pepper flakes and half of the roasted tomatoes. Pulse this all together, stopping to scrape the sides once or twice, until it reaches a thick pesto consistency. Season with salt (about 1/2 tsp or less or more to taste) and more red pepper flakes to taste.
5. Heat 1/2 TBSP of the vegetable oil in a large skillet over medium-high. Add half of the asparagus stalks and toss quickly. Spread them out in a single layer and let them cook for 2 minutes without touching them so that they get a bit charred. Continue cooking for 3-5 minutes, stirring constantly now, until they're tender. Season very lightly with salt and toss well. Transfer to a platter and repeat the charring/ cooking process with the remaining 1/2 TBSP vegetable oil and asparagus.
6. Toss beans with pesto (use whatever amount of pesto you like... I almost used all of it but not quite). Top with the remaining roasted tomatoes and serve!

Recipe taken from Yummly.com



SUDOKU

A Fun Way To Improve Mental Health

is a game of logic, problem-solving and spotting patterns. Consequently, it turns out that Sudoku can help promote people's cognitive abilities and gives the satisfaction of accomplishing a difficult puzzle. Indeed, this game is very good for those who need mental stimulation. Hence, to give you more information, here we list the benefits of playing Sudoku for mental health below.

Improves memory

Promotes Brain Cells

Promotes Thinking Skill

Keep your Mind Sharp

Boosts concentration

Reduces risk of Alzheimer's

Makes you happy

Boosts energy

7				2				
9		3	7					
	5		8					1
	4	7						9
			9	6				
				8	6	5	4	
2								
				1		4	3	
4		7	9	5		2	6	

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

	1		8		3	7	5	
							1	
4	8		7		2			9
		6					4	7
	9							3
	2	9		6		1		
	7	4	5	2				
			3					