

MAY 8, 2019

WELLNESS NEWSLETTER

#4Mind4Body

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MAY IS MENTAL HEALTH AWARENESS MONTH

Do You Focus on #4Mind4Body?

Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable.

So much of what we do physically impacts us mentally – it's important to pay attention to both your physical health and your mental health, which can help you achieve overall wellness and set you on a path to recovery.

Did you know that Mental Health America (MHA) founded May is Mental Health Month back in 1949? That means this year marks MHA's 70th year celebrating Mental Health Month! This May is Mental Health Month [ORGANIZATION NAME] is expanding its focus from 2018 and raising awareness about the connection between physical health and mental health, through the theme #4Mind4Body. We are exploring the topics of animal companionship, spirituality and religion, humor, work-life balance, and recreation and social connections as ways to boost mental health and general wellness.

A healthy lifestyle can help to prevent the onset or worsening of mental health conditions, as well as chronic conditions like heart disease, diabetes, and obesity. It can also help people recover from these conditions. For those dealing with a chronic health condition and the people who care for them, it can be especially important to focus on mental health. When dealing with dueling diagnoses, focusing on both physical and mental health concerns can be daunting – but critically important in achieving overall wellness.

There are things you can do that may help. Finding a reason to laugh, going for a walk with a friend, meditating, playing with a pet, or working from home once a week can go a long way in making you both physically and mentally healthy. The company of animals – whether as pets or service animals— can have a profound impact on a person’s quality of life and ability to recover from illnesses. A pet can be a source of comfort and can help us to live mentally healthier lives. And whether you go to church, meditate daily, or simply find time to enjoy that cup of tea each morning while checking in with yourself – it can be important to connect with your spiritual side in order to find that mind-body connection.

HGTC wants everyone to know that mental illnesses are real, and recovery is always the goal. Living a healthy lifestyle may not be easy but can be achieved by gradually making small changes and building on those successes. Finding the balance between work and play, the ups and downs of life, physical health and mental health, can help you on the path towards focusing both #4Mind4Body.

For more information, visit www.mentalhealthamerica.net/may.

**MAY IS 2
MENTAL 0
HEALTH 1
MONTH 9**

#4MIND4BODY



**LEARN ABOUT HEALTH
4MIND4BODY**



**SHARE WHAT YOU DO
TO STAY WELL**



COLLEGE MENTAL HEALTH RESOURCES



LIFE SERVICES EAP
800-822-4847
WWW.LIFESERVICESEAP.COM

SUDENT COUNSELING SERVICES
JAMES BILBY
JAMES.BILBY@HGTC.EDU



HUMOR

Finding humor in the circumstances of life can lift moods with laughter and help people to better deal with and overcome difficult experiences.

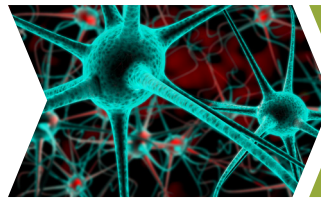
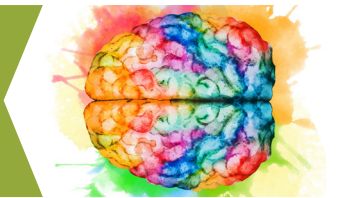
WHAT HAPPENS TO OUR BODIES WHEN WE LAUGH?

Levels of stress hormones decrease.¹



Your heart, lungs, and muscles are stimulated.²

There is increased activity in parts of the brain's reward system.^{3,4}



Endorphins—the body's natural pain blockers—are released.⁵

INCORPORATING HUMOR INTO YOUR DAILY LIFE HAS MANY POTENTIAL BENEFITS

A stronger immune system⁶



Improved mood and anxiety relief⁷

Better interactions with others⁸



Less burnout on the job⁹

HUMOR AND LAUGHTER REDUCE THE RISK OF DEVELOPING CHRONIC HEALTH CONDITIONS

Stress and the hormones it produces can do a lot of damage to the mind and body over time. Since humor and laughter reduce the amounts of these hormones, it has also been shown that they can help reduce the risk of blood clots, heart conditions, and other stress-related diseases.^{10,11}



10 TIPS FOR INCORPORATING HUMOR INTO YOUR LIFE



List three funny things that happened to you each day.¹²

Find a TV show or movie that tickles your funny bone.



Watch stand-up comedy. There are lots of options to watch online or on television and if you can get to a live show – even better!¹³

Reach out to someone who gets your sense of humor. Share the funny things that have happened to you recently or reminisce.



Get online. Comics, memes, YouTube videos, blogs—if it gets you to laugh or smile, spend 15 minutes or so to check it out.

Have a game night. Charades is a classic, and there are also plenty of newer card and board games that are designed with humor in mind.



Try laughter yoga.

Read a funny book.



Spend time with an animal or a child. Their antics are almost always good for a laugh.

Incorporate funny things into your environment. It could be a goofy photo; a page-a-day calendar; or a mug with a witty saying or cartoon.



SHARE YOUR EXPERIENCES WITH #4MIND4BODY

Mental Health America has created a space where people can learn from each other about what they do to stay well.

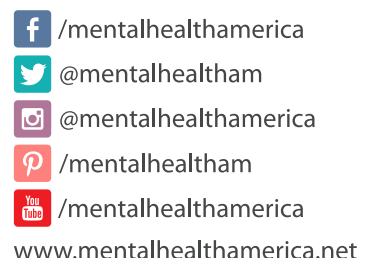
Tell us how you incorporate humor and laughter into your life or share something you find funny by posting with #4mind4body.

We'll collect your Twitter and Instagram posts at mentalhealthamerica.net/4mind4body. You can also post directly and anonymously to the site if you would like.

ARE YOU STRUGGLING?

If you are taking steps to care for your mind, body, and soul but still feel like you are struggling with your mental health, visit www.mhascreening.org to check your symptoms. It's free, confidential, and anonymous. Once you have your results, MHA will give you information and help you find tools and resources to feel better.

For a complete list of sources, please visit bit.ly/4mind4bodyHumor.



McLeod Mobile 3D Mammography Unit

You may continue to schedule appointments until May 9, 2019

Horry Georgetown Technical College

2050 Highway 501 East, Conway, SC

Monday, May 13, 2019

9:00 a.m. – 4:00 p.m.

**To be eligible for a mammogram on the unit,
you must meet the following criteria:**

- Must have insurance or a method of payment. No cash, please.
Medicaid, Medicare, and Best Chance Network are accepted.
- Must have a referring physician to send the results to.
- No order is required unless you are under age 40, or as required by your physician.
- Must not have had a screening mammogram performed in the past 12 months for most insurance coverage (*check your individual plan*).
- Must not have any current breast problems such as lumps, discharge, or swelling.
- Must not be pregnant and not have nursed within the past three months.
- Must not have been diagnosed with breast cancer within the past five years.
- Please bring insurance card and government issued picture ID to your appointment.
- Appointments typically last 15-30 minutes.



McLeod

Breast Health Center

**To schedule an appointment, please contact
McLeod Reservations & Scheduling
at (843) 777-2095.**

NAPBC

NATIONAL ACCREDITATION PROGRAM FOR BREAST CENTERS

The McLeod Mobile Mammography Unit was funded through generous gifts to the McLeod Foundation.






#4MIND4BODY

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Mental Health America

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www.mentalhealthamerica.net

1

Switch up your exercise regimen. Try a dance class or a new sport. Exercising with other people can enhance its stress-reducing benefits.

2

Experiment with a new recipe, write a poem, paint or try a Pinterest project. Creativity and overall well-being are linked. LoveKnitting.com is a good source of inspiration.

3

Feeling stressed? Smile. It may not be the easiest thing to do, but smiling can help to lower your heart rate and calm you down.

4

Do something with friends and family - have a cookout, go to a park, or play a game. People are 12 times more likely to feel happy on days that they spend 6-7 hours with friends and family.

5

Consider finding a place of worship. One study found that people who attended religious services monthly showed a 22% lower risk of depression.

6

Visit bit.ly/4mind4body to see what other people are doing to work wellness into their lifestyles.

7

Take 30 minutes to go for a walk in nature - it could be a stroll through a park, or a hike in the woods. Being in nature can increase energy levels, reduce depression, and boost well-being.

8

List three funny things that happened to you each day this week. Doing this regularly has been shown to enhance happiness and reduce depressive symptoms.

9

Set up a getaway. It could be a road trip with friends or a trip to the tropics. The act of planning a vacation and having something to look forward to can boost your overall happiness for up to 8 weeks!

10

Make a point to not answer work emails over the weekend. Setting boundaries is important for establishing work-life balance.

11

Get connected - share a meal with someone or pick up the phone. Studies show that good relationships make the difference between very happy and less happy people.

12

It's Mother's Day. Pick up some flowers for Mom. Studies show that being surrounded by nature is a mood booster and thanking her for her support can boost your mood and hers.

13

Plan out your week to make sure you're tending to both personal and professional obligations. People who feel they have good work-life balance experience fewer symptoms of depression and anxiety.

14

Feeling in a rut? Think back and laugh at something silly you've done. Remember, everyone deserves a break and we're often hardest on ourselves.

15

Get comfortable and read a good book. Reading can help relieve stress and tension.

16

Has something been bothering you? Let it all out...on paper. Writing about upsetting experiences can reduce symptoms of depression.

17

Watch a comedy or visit a funny website. Laughter boosts the immune system and can reduce anxiety.

18

Try meditation. Spiritual practices like meditation are linked to increased levels of feel-good chemicals and decreased levels of chemicals associated with stress.

19

Aim to get 7 to 8 hours of sleep each night this week. People who get enough sleep are more likely to succeed at their daily tasks.

20

Do some coloring for about 20 minutes to help you clear your mind. No crayons? No problem! Download an app from our partners at www.colorthrapy.app.

21

Add some green to your office or home (if you don't have much of a green thumb, try a succulent). Seeing plants can reduce stress and anxiety..

22

Incorporate something funny into your environment for a daily dose of humor. It could be a goofy picture of your friends, family or pets; a page-a-day calendar; or a mug with a witty saying or cartoon.

23

Make a list of activities you enjoy. Set aside time each week to focus on yourself and what makes you happy.

24

Don't wonder about your mental health! Take a screen at MHAScreening.org and get the tools you need.

25

This weekend try being a tourist in your own town. Often times people only explore attractions on trips, but you may be surprised what cool things are in your own backyard.

26

Try prepping your meals or picking out your clothes for the work week. You'll save some time in the mornings, have a sense of control about the week ahead, and have more time in the evenings for yourself.

27

Give yourself a break! Take 10 minutes out of your day for a walk. Small breaks (and exercise) improve your ability to deal with stress.

28

Work your strengths at work. Do something you're good at to build self-confidence, then tackle a tougher task. You've got this!

29

Time with animals lowers stress hormones and boosts oxytocin - which stimulates feelings of happiness. If you don't have a pet, hang out with a friend who does or volunteer at a shelter.

30

Take a few minutes to breathe deeply - in through your nose and out through your mouth. Try this technique: Pretend you're taking a giant whiff of a bouquet of flowers, then pretend to blow out a candle.

31

Tell your goals to someone you trust and ask them to help you stick with a plan. Studies show that social support helps you achieve your goals.

SHARE WITH #4MIND4BODY

Mental Health America has created a space where people can learn from each other about what they do to stay well.

Show us how you're putting the tips from this calendar into practice by posting with #4mind4body.

We'll collect your Twitter and Instagram posts at mentalhealthamerica.net/4mind4body. You can also post directly and anonymously to the site if you would like.

ARE YOU STRUGGLING?

If you are taking steps to care for your mind, body, and soul but still feel like you are struggling with your mental health, visit www.mhascreening.org to check your symptoms. It's free, confidential, and anonymous.

Once you have your results, MHA will give you information and help you find tools and resources to feel better.



Creamy Pasta with Kale

3 servings

40 minutes

Ingredients

6 ozs Chickpea Pasta
4 cups Kale Leaves (sliced thin into ribbons)
1 Garlic (clove, minced)
3/4 cup Cashews (soaked for 30 minutes and drained)
1/2 cup Water
1 tbsp Nutritional Yeast (optional)
1 tbsp Lemon Juice
2 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	521
Fat	28g
Carbs	52g
Fiber	12g
Sugar	7g
Protein	23g
Cholesterol	0mg
Sodium	143mg
Vitamin A	8667IU
Vitamin C	14mg
Calcium	168mg
Iron	10mg

Directions

- 1 Cook the pasta according to the directions on the package and set aside.
- 2 Heat a pan over medium-low heat. Sauté the kale and garlic for 5 to 7 minutes then mix in the cooked pasta until warmed through. Turn off the heat.
- 3 In a high powered blender, add the drained cashews, water, nutritional yeast, lemon juice, extra virgin olive oil, sea salt and black pepper. Blend on high until smooth.
- 4 Toss the pasta with the cream sauce and enjoy!

Notes

No Kale, Use another green instead such as spinach, collard greens or Swiss chard.

Leftovers, Store leftovers in the fridge in an airtight container for up to three days. Reheat leftovers in a pan over medium-low heat.

No Chickpea Pasta, Use lentil, quinoa, brown rice or whole wheat pasta instead.