

CMMHC WELLNESS BULLETIN

July 2018

July 16 - Disability (ADA) Awareness Day

Disability Awareness Week (DAW) continues the tradition of National Access Awareness Week first established in 1988 to promote better community access for people with disabilities.

What is Disability Awareness? The biggest barriers people with disabilities encounter are other people. Disability Awareness means educating people regarding disabilities and giving people the knowledge required to carry out a job or task thus separating good practice from poor. It is no longer enough just to know that disability discrimination is unlawful.

<https://www.disabled-world.com/disability/awareness/>

July 24 - National Seasonal Affective Disorder (SAD) Day

The holiday season is often associated with family gatherings and cheerful spirits, but that's not the case for everyone.

For some, the lack of sunlight during winter months can actually cause a subtype of depression called Seasonal Affective Disorder (SAD), where episodes of depression regularly occur during the same time every year.

Symptoms start in late fall and often last until early spring.

SAD may affect up to nine percent of Americans depending on latitude, although women may be at higher risk for developing SAD during their reproductive years.

The exact cause of SAD is unknown, but experts believe changes in melatonin and serotonin levels or a disruption in the body's internal clock could be to blame, said Northwestern Medicine psychiatrist Pedro Dago, MD.

"If you're experiencing significant functional impairment associated with the changes in season, it's time to get some help," says Dago, who is also an assistant professor of psychiatry and behavioral sciences at the Northwestern University Feinberg School of Medicine. "Understand that SAD is not just a case of the winter blues, but a serious problem for many people and that it can be treated. Talk to your doctor if you are suffering from symptoms so you, too, can enjoy this holiday season."

Those who suffer from SAD have the following symptoms:

- Feeling depressed, fatigued and lethargic
- Difficulty waking up in the morning and a tendency to sleep more
- Interference in work, school and personal relationships
- Increased appetite, leading to weight gain
- Loss of interest or enjoyment in activities
- Trouble concentrating

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Traditional treatments for SAD include psychotherapy, medication and therapeutic light therapy but Dago recommends first talking to your doctor to determine appropriate therapies and treatment. He also suggests the following tips:

- **Sleep well** - Make sure you wake up at the same time every day, including weekends. Doing so will keep your body's internal clock in sync.
- **Let the light in** - Expose yourself to as much sunlight as possible by opening blinds at home and making sure that your work space has natural or bright light.
- **Control your cravings** - Eat a balanced diet while limiting the amount of carbohydrates you are eating. Carbohydrates can provide a short-term energy boost but leave you feeling worse later in the day.
- **Embrace an exercise routine** - Exercise is not only good for your physical health, but also helps relieve stress and anxiety that can increase the symptoms of SAD. Yoga and Pilates classes are both good ways to both relax and exercise.
- **Maintain your social behavior** - Winter months usually mean you will spend more time indoors, but don't forget to make time to get out of the house to visit with friends and family.

Learn to manage your stress - Take time to relax each day and try to manage your stress so it doesn't lead to depression and overeating. Make it a point to stay connected to people who are important to you.

<https://www.disabled-world.com/disability/types/psychological/sad.php>

Cheap summer getaways in Minnesota

No money, no problem: Info on 20 great vacations that are easy on the wallet.

A beach and fishing pier adjoin campsites at Sibley State Park.

In summer, it's not as hard as you'd think to take a fun trip that doesn't cost much.

Many of the great travel experiences in Minnesota can't be bought, anyway — hiking amid old-growth white pines, paddling through bluff country, listening to loons in the Boundary Waters.

A family of six can learn to camp and play in Lake Superior waterfalls for \$50. Hikers can find a bunk just off the Superior Hiking Trail near Grand Marais for \$25, and a couple can stay in a camper cabin for \$60, if not at a lake resort . . . wait, they *can* stay at a lake resort.



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Find a list of best cheap trips, most costing \$100 or less per person, in 2018 at the following link:

https://midwestweekends.com/plan_a_trip/best_trips/cheap_trips/cheap_trips_minnesota_summer.html

Most give you a roof over your head; the trips that require tent camping also include guides, meals and/or fun things to do.

Grab-and-Go Oatmeal Chia Cups

Source: https://www.simplyrecipes.com/recipes/grab_and_go_oatmeal_chia_cups/

The recipe below is for one single-cup serving. Prepare additional servings in their own jars using the same ratios. You can prepare as many servings as you'll eat within 5 days!

✦ **Prep time:** 15 minutes

Yield: 1 serving (scale up for more servings)

Ingredients

- ✦ 2 tablespoons old-fashioned rolled oats (gluten-free, if needed)
- ✦ 1 tablespoon chia seeds
- ✦ 1/3 cup milk, any kind, including non-dairy
- ✦ 1/3 cup plain or vanilla yogurt, any kind, including non-dairy
- ✦ 1 teaspoon honey, maple syrup, or sweetener of your choice, to taste (optional)
- ✦ 1/4 cup blueberries, sliced strawberries, raspberries, or other chopped fruit of your choice
- ✦ 1 tablespoon raisins or other dried fruit
- 1 tablespoons chopped or sliced almonds, cashews, walnuts or other nut of your choice

Special equipment:

Half-pint (8 ounce) [canning jar](#)



Method

1 . Combine the oats, chia seeds, and milk in an 8-ounce or larger jar: Stir to mix the ingredients together. Let stand for 10 minutes to allow the mixture to thicken slightly.



2. Layer the remaining ingredients on top: Once the chia and milk mixture has thickened slightly, top it with layers of yogurt, honey (if using), berries, raisins and nuts. Cover the jar with a cap and refrigerate until needed, or for up to 5 days.



3. Enjoy! Eat your breakfast straight from the jar, mixing everything together as you go, or pour the contents into a bowl, if you prefer.

UPCOMING
EVENTS★

CENTRAL MINNESOTA MENTAL HEALTH CENTER
IN PARTNERSHIP WITH CENTRACARE HEALTH
~ presents ~

THE SECOND ANNUAL Health Integration Expo

Tuesday, July 24, 2018
9 a.m. - 2 p.m.

St. Cloud River's Edge Convention Center
FREE PARKING!

- Social Justice Perspective in Honoring Differences and Understanding Similarities—St. Cloud Tuscan Ballroom in the Midtown Square Mall—October 25th

CMMHC's Wellness Committee Mission Statement:

It is the mission of the CMMHC Wellness Committee to promote the health and wellness of staff through education and initiatives that:

- Encourage habits of Wellness
- Increase awareness of factors and resources contributing to well-being
- Inspire and empower individuals to take responsibility for their own health.
- Support a sense of community

Brought to you by your

Central Minnesota Mental Health Center Wellness Committee

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|---------------------|-----------------|
| • Ashley Conner | • Steven Loos |
| • Kayla Levtzow | • Maggie Dilks |
| • Marie Fisher | • Brie Frantesl |
| • Alyssa Westergren | |



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Central Minnesota Mental Health Center

Together, Creating a Healthier Life