

**You can do it.**

*We're here to help.*



Central MN Mental Health Center  
A time to heal, a place to start.

## WELLNESS BULLETIN SEPTEMBER 2016

### Smoking and Mental Health

One of the conditions highlighted in the 2016 Tips campaign is depression. Studies show that smoking is much more common among adults with mental health conditions, such as depression or anxiety, than in the general population. In fact, at least 3 out of every 10 cigarettes smoked by adults in the United States are smoked by people with mental health conditions. Researchers don't yet know why smokers are more likely than nonsmokers to have depression, anxiety, and other mental health conditions. No matter the cause, smoking is not a treatment for depression or anxiety. Getting help for your depression and anxiety, and quitting smoking, are the best ways to feel better. Recent research has shown that adult smokers with mental health conditions—like other smokers—want to quit, can quit, and benefit from proven stop-smoking treatments.

Rebecca started smoking as a teen. At age 33, she was diagnosed with depression. Like many smokers who suffer from depression, she viewed smoking as a way to help her cope with her feelings. But it became a vicious cycle. She wanted to quit but wasn't successful. This made her more depressed, and she resumed smoking. After losing teeth to gum disease, which is a risk for all smokers, she knew she had to quit for good. "I was hit in the face with reality," Rebecca said. The birth of her grandson was the turning point for her, and she quit smoking once and for all. Now she feels better—both mentally and physically. Rebecca is proud of her accomplishment. "It's about taking control of your life and where you want to be in your life." ([National Center for Chronic Disease Prevention and Health Promotion](#), January 25, 2016)

Need help quitting? Check out these resources:

- [1-800-QUIT-NOW](tel:1-800-QUIT-NOW) (1-800-784-8669)
- [CDC.gov/tips](http://CDC.gov/tips)
- [Smokefree.gov](http://Smokefree.gov)
- [BeTobaccoFree.gov](http://BeTobaccoFree.gov)

Can you really walk your way to fitness? You bet! Get started today.

### Know the benefits

Physical activity doesn't need to be complicated. Something as simple as a daily brisk walk can help you live a healthier life.

For example, regular brisk walking can help you:

- Maintain a healthy weight
- Prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes
- Strengthen your bones and muscles
- Improve your mood
- Improve your balance and coordination

The faster, farther and more frequently you walk, the greater the benefits. (Mayo Clinic, n.d.)

### No Bake Energy Protein Balls:

#### Ingredients

1 cup rolled oats  
1/2 cup mini semi-sweet chocolate chips  
1/2 cup ground flax seed  
1/2 cup peanut butter  
1/3 cup honey (or agave)  
1 teaspoon vanilla extract

#### Directions

1. Combine oats, chocolate chips, flax seed, peanut butter, honey, and vanilla extract together in a bowl; form into balls using your hands. Arrange energy bites on a baking sheet and freeze until set, about 1 hour.

(Anonymous Employee)

