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Mental Health

01

Getting Past the Mental Health Stigma

Public perception about mental health has become much more positive in recent years, but some people still feel uncertain about seeking help. Whether you want to see a professional yourself, just have a few questions or are worried about attending an upcoming appointment, here are a few ways to put your mind at ease.

1 Know What to Expect

Don't fear the unknown! Speak with a friend who has sought help or do a little research on your own to understand what will happen at your first appointment.

2 Research Your Options

If you want to seek in-person help but don't know where to begin, simply search for mental health professionals near you or call your insurance provider. Next, eliminate anyone with an unrelated specialty until you have a list of professionals well-versed in your area of need. Finally, take the remaining names and look for online reviews that can point you in the right direction.

3 Check with Your Health Insurance

Your provider may offer affordable coverage for local assistance. Check your policy and see what's covered and available to you.

4 Join a Support Group

Support groups are a safe space to share your problems and a reminder that you aren't alone. If you need extra encouragement in a specific area, see if there's a group near you.

5 Call an Anonymous Help Line

Suicide help lines are the most well-known phone service for mental health, but there are additional help lines that focus on other topics. Call in and ask a few questions in a safe, stress-free space.



Monthly Activity

Find Your Purpose

What makes you feel happy and fulfilled? Are there goals you can set and changes you can make to feel that way more often?



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Mental Health Assistance

Finding In-Person and Online Mental Health Resources

Specific mental health assistance depends on your age, unique situation and personal and medical history. However, there are a number of terrific in-person and online resources that can point you in the right direction or help you learn more.

- Visit your family doctor. If you're comfortable sharing your troubles with your family doctor, they can help determine if there is a medical cause for your troubles and refer you to a specialist as necessary.
- Check your insurance policy and compile a list of eligible providers.
- Research local providers using the method described in the previous article.
- Call a help line. A good general resource is the Treatment Referral Helpline from the Substance Abuse and Mental Health Services Administration (SAMHSA) at 1-800-662-HELP. The SAMHSA help line is a confidential, free, 24-hour-a-day, information service offered in English and Spanish. It is available to anyone facing mental and/or substance use disorders and provides referrals to local treatment facilities, support groups and community-based organizations. Callers can also order free publications and other information.



Psychologists and Psychiatrists and Therapists, Oh My

There are several different titles for mental health professionals. Here's what they mean:

Therapist

Therapist is a broad, general term that can apply to a counselor, psychologist or psychiatrist or other mental health worker.

Psychologists

Psychologists have advanced degrees in psychology (a PhD or PsyD) but do not have a medical degree. They are highly qualified to provide counseling but cannot prescribe medication in most states.

Psychiatrists

Psychiatrists have a medical degree and can prescribe medication. If counseling/therapy is also required, they may provide this themselves or refer you to a psychologist.

Licensed Mental Health Counselors

Licensed Mental Health Counselors have a master's degree in psychology, counseling or a related field. They must also have an additional two years of experience working with a qualified mental health professional after graduate school.

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Benefits of Yoga and Exercise on Your Health

03

The Big Health Benefits of Yoga

You shouldn't only worry about your mental health when you're in a state of crisis. Because it incorporates physical activity, breathing techniques and meditation, yoga is the perfect way to reduce your stress level while you get a little exercise!

Physical Health Benefits

- Increased flexibility
- Improved respiratory health and posture
- A decrease in chronic pain issues, such as lower back pain, arthritis, headaches and carpal tunnel syndrome
- Stronger muscles



Mental Health Benefits

- Reduced stress
- Improved focus and concentration
- Deeper sleep
- Slower, deeper rate of breathing (which creates a sense of calm)
- Raises self-awareness about your own body, leading to an increased focus on self-care



Recipe

04

Avocado Chicken Salad

It's hard to beat a fresh, tasty and healthy chicken salad.

Total Time (Cook and Prep): 30 minutes

Servings: 5



INGREDIENTS

- 1 ½ pounds boneless, skinless chicken breasts
- 2 cups organic, low-sodium chicken broth
- 1 dried bay leaf
- 1 medium avocado, diced
- ½ cup red onion, diced
- 2 tablespoons cilantro, chopped
- ½ cup plain, non-fat Greek yogurt
- ¼ cup light mayonnaise
- 2 tablespoon lime juice
- ¼ teaspoon salt
- ½ teaspoon cumin
- ¼ teaspoon garlic powder

INSTRUCTIONS

1. In a medium stockpot, bring the chicken broth to a boil. Add the bay leaf and chicken, then bring back to a boil.
2. Reduce the heat to medium-low and simmer covered for 15 minutes, flipping the chicken at the halfway mark, until the internal temperature reads 165º F.
3. Discard the bay leaf. When the chicken cools enough to touch, shred it and set it aside.
4. Prepare the dressing in a large mixing bowl by whisking together the yogurt, mayonnaise, lime juice, salt, black pepper, cumin and garlic powder.
5. Add the avocado, red onion, cilantro, and cooled, shredded chicken to the bowl. Gently toss all of the ingredients together.
6. Chill before serving.

NUTRITION INFO

(per serving)

294 calories
12 g fat
107 mg cholesterol
539 mg sodium
8 g carbohydrates
3 g fiber
41 g protein

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