

Center for Mental Health and Wellbeing

MONTHLY NEWSLETTER



Alzheimer's and Brain Awareness Month

Alzheimer's disease is a progressive brain disorder that typically starts with mild memory loss, confusion, and difficulty with problem-solving. As it progresses, it can lead to more severe symptoms, such as the inability to communicate, recognize loved ones, and carry out basic tasks.

This article looks at what Alzheimer's Awareness Month is and how people can get involved.

Alzheimer's Awareness Month aims to raise public awareness about Alzheimer's disease and its impact on individuals, families, and communities. The month is an opportunity to educate people about the signs and symptoms of the disease, the risk factors, and the importance of early detection and diagnosis.

Alzheimer's Awareness Month also promotes research into the disease's causes, treatments, and potential cures. The month provides an opportunity to raise funds for research and support services for those living with Alzheimer's and their families.

Alzheimer's Awareness Month also seeks to reduce the stigma and discrimination surrounding Alzheimer's disease. By raising awareness and understanding, people may be more compassionate and supportive of those affected by Alzheimer's and other forms of dementia.

To read the full article and get the statistical data and graphs, please visit: <u>Alzheimer's Awareness Month: How to get involved (medicalnewstoday.com)</u>

June 2023

Month

LGBTQ Pride Month
Men's Health Month
PTSD Awareness Month

Alzheimer's and Brain

Awareness Month
Tourette Awareness

Month

Week

National Men's Health Week (June 12-18)

Day

Action Anxiety Day (June 1)

Alzheimer's and Brain Awareness Day (June 21)

International Day of Yoga (June 21)

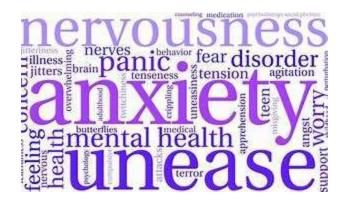
International day Against Drug Abuse and trafficking (J<u>une 26)</u>

PTSD Awareness Day (June 27)

To learn more visit:

https://sacwellness.com/mental

-health-awareness-calendar/



7 Strategies to Manage Anxiety

<u>Anxiety</u> can feel like a monster that is out of control and you have no way of conquering it: nothing could be further from the truth. You can make choices to reduce your anxiety. You have the power. By adopting these seven strategies and restructuring your habits, the anxiety monster gets less scary and slowly loses its power.

Schedule/Routine: Not everyone's anxiety is related to some deep-seated <u>trauma</u> hidden under layers of dysfunction and poor coping skills. Your anxiety could be due to a wonky daily, weekly schedule, and routine. "Wonky" is a clinical term, by the way. Okay, it's not really. It's not uncommon for me, as a therapist, to discover that a client's anxiety is largely influenced by a poorly managed and disorganized schedule. There will always be unexpected events throughout your week, but for the most part, you can structure your day and week in such a way as to reduce your anxiety.

What are some anxiety *producers* for people in regards to their weekly routine?

- Over-consumption of caffeine, and or alcohol.
- Fluctuating bedtime and wake-up routine.
- Irregular and changing meal times.
- Inactivity.
- Social isolation and no support network.
- Disconnected from one's local community.

What are some anxiety *reducers* for people in regards to their weekly routine?

- Mindful of circadian rhythm and that your body has a physical need for routine.
- Reasonable consumption of caffeine and alcohol.
- Bedtime and wake-up roughly at the same time every day.
- Eat at the same time every day.
- Schedule activities otherwise you might not do them.
- Stay connected with friends and build a support network over time by being a support to others.
- Get plugged in with your local community.
- Give yourself leisure time like watching Netflix as a reward and not a right.

To read the full article, please visit: 7 Strategies to Manage Anxiety | Psychology Today



ANXIETY AWARENESS

Having awareness of your anxiety is the first and biggest step in your battle against it. Anxiety has a way of creeping into your daily experience without drawing attention to itself. Therefore, you need to make friends with the anxiety monster and learn everything about it. You can't conquer an enemy you don't understand.

Find Distractions:

Sometimes anxiety will impact your mood or thinking without cause. If that's the case, sometimes there is no resolution to be sought and the best strategy is to distract yourself. Reading a book, watching TV, listening to music or going for a run can aid with distracting yourself from the anxiety long enough that it goes away.

I wish anxiety were easier to vanquish, but the truth is, it takes a lot work. Most people aren't afraid of hard work, they are afraid of self-discipline, putting in the hard work day after day, even when they don't want to. But that's what it takes.

To read the full article, please visit: <u>7 Strategies to Manage</u> Anxiety | Psychology Today



Dear Valued Referral Sources,

Thank you for your continued referrals. John F. Kennedy said, "As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." We are reminded of this in our efforts to treat patients as our family and friends. Thank you for your trust!

Sincerely,

Jennifer Campbell, MSW, LSW

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Washington County 24-Hour Crisis Hotline: 1-877-225-3567

National Suicide Prevention Lifeline: 988 or 1-800-273-8255

Greenbriar Treatment Facility: 1-800-637-4673

STTARS Sexual Assault Hotline (Greene & Washington): 1-888-480-7283