Mental Health Awareness Month

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For more information on ways to lead a healthier lifestyle visit our website gettheathyct.org

May 2018
**Mental Health Awareness Month!**

Free & public events in Southwestern CT

### April through May 2023

**Monday, May 8**

**FIlms: Unnatural Causes: In Sickness and In Wealth**
12-2pm, Optimus Behavioral Health, 1351 Washington Blvd, Stamford
RSVP to phoward@opthc.org

**Haga la pregunta, salve una vida: Cómo prevenir el suicidio**
12-2:30pm, 55 Chestnut St., Norwalk
Programa para miembros del público. Habrá refrigerios.
Inscribese: 203-840-1187 (Margarita)

**Hearing Voices Training (video+simulation)**
1-4pm, The Kennedy Center, Trumbull
RSVP to 203-551-7418 or brett.bisson@ct.gov

**Bourbon Street Bash: A Fundraiser for Keystone House**
6pm start, Norwalk Inn
Fundraiser: Tickets are $150
RSVP to info@keystonehouse.org

**Saturday, May 5**

**“Mosternoon”: Give an old book new life with art therapist Stephanie Sampson from Silver Hill**
2pm-3:30pm, New Canaan Library
RSVP to info@healthymindsct.org

**Wednesday, May 17**

**“Neuroscience Offers New Hope in Treating Bipolar Disorder,” a presentation by Hilary Blumberg, M.D.**
7:30pm-9pm, Tully Center, 32 Strawberry Hill Court, Stamford

**3 on a Basketball Tournament and Picnic**
9am-2pm, Short Beach, Stratford

**Tuesday, May 22**

**The Bridesmaid’s Daughter: Book signing and Q&A with authors Nyna Giles and Eve Claxton**
7pm, Darien Library. RSVP: 203-324-7735
NR: Also shown on 5/16 12-3pm in Greenwich, lunch included for $20.

**Wednesday, May 23**

**Suicide: The Ripple Effect**
Film screening and Q&A with director of the National LifeLine
7:30pm, Bow Tie Royale 6, Westport

**Tuesday, May 29**

**Hearing Voices Training (video+simulation)**
1-4pm, The Kennedy Center, Trumbull
RSVP to 203-551-7418 or brett.bisson@ct.gov

**Wednesday, May 30**

**Screening of Borderline**
1:30-3:30pm, 475 Clinton Ave, Bpt
RSVP to info@healthymindsct.org

**safeTALK suicide training**
10am-2pm, Westport
Call 203-842-8416 for details

**For more information, contact Southwest Regional Mental Health Board, 203-840-1187 or www.HealthyMindsCT.org**

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**Wednesday, May 2**

**“The Opioid Crisis in CT and Nation-wide”**
9:30am, Bigelow Center, Fairfield
Breakfast served. RSVP: 203-256-3166

**Health, Wellness & Recovery Expo**
10am-2pm, 468 Birdseye, Stratford

**“Do The Potential Benefits Actually Outweigh The Potential Harm From A Variety Of Medications Taken?”**
Presentation by Swarni Gupta of Yale 7:30-9pm, 1st Congregational Church, Fairfield

**Thursday, May 3**

**Grand Rounds: “The Brain in Bipolar Disorder: A Neuroimaging View”**
1:00 CME. Open to all. 11am-12:30pm, St. Vincent’s, 47 Long Lots, Westport

**New Monthly OCD Peer Support Group**
7pm-8:30pm, HSC Building, 1 Park St., Norwalk
Contact lynn.flint@att.net with questions or just show up!

**Saturday, May 12**

**HOPE for Mental Illness Concert with the SymphoNYChorus**
7pm, Ridgefield Playhouse
Free admission

**Monday, May 14**

**Mental Health First Aid (MHFA) Training**
7:30am-4pm, Norwalk Police Department
8-hour training open to the general public. $20. Sign up at eventbrite.com or call Giovanna at 203-842-8416

**Wednesday, May 16**

**Mental Health Information**
10am-12pm, Stamford Govert Center
Sponsored by FS Dubois Center / DMHAS

**Thursday, May 17**

**Dr. Bernie Siegel, SOULution**
4:30-6:30pm at Family & Friends Night, Bridge House, Bridgeport

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**Monday, May 21**

**Mental Health First Aid (MHFA) Training**
10:30-4pm both days, Greenwich Town Hall
For general public. RSVP to 203-863-4444. Light lunch provided.

**Tuesday, May 22**

**The Bridesmaid’s Daughter: Book signing and Q&A with authors Nyna Giles and Eve Claxton**
7pm, Darien Library. RSVP: 203-324-7735
NR: Also shown on 5/16 12-3pm in Greenwich, lunch included for $20.

**Wednesday, May 23**

**Suicide: The Ripple Effect**
Film screening and Q&A with director of the National LifeLine
7:30pm, Bow Tie Royale 6, Westport

**Tuesday, May 29**

**Hearing Voices Training (video+simulation)**
1-4pm, The Kennedy Center, Trumbull
RSVP to 203-551-7418 or brett.bisson@ct.gov

**Coming Home from Treatment: A discussion of Beautiful Boy by David Sheff**
6:30-8:30pm, 44 Charcoal Hill Road, Westport
Discussion of David Sheff’s Beautiful Boy: A Father’s Journey through his Son’s Addiction
RSVP to Deirdre at 224-300-3999

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**April through May 20th, Mon.-Fri. 9am-5pm, Sat. 10am-1pm**

**“Nature of the Mind” exhibit by the Keystone Artists**
St. Paul’s on the Green, Norwalk

**For more information, contact Southwest Regional Mental Health Board, 203-840-1187 or www.HealthyMindsCT.org**

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**Sunday, May 8**

**Using Effective Coping Skills to Deal with Mental Health Issues**
(Family Education Series)
Open to consumers & their families, 11am, 475 Clinton Ave, Bridgeport

**Saturday, May 12**

**HOPE for Mental Illness Concert with the SymphoNYChorus**
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Overview

Mental disorders are health conditions that affect how a person thinks, feels, and acts. These disorders can impact a person’s life in significant ways, including how he or she copes with life, earns a living, and relates to others.

“Why did this happen?” That is a common question that patients and their families have following a psychotic episode, suicide attempt, or the diagnosis of any serious mental disorder.

Research conducted and funded by the National Institute of Mental Health (NIMH) has found that many mental disorders are caused by a combination of biological, environmental, psychological, and genetic factors. In fact, a growing body of research has found that certain genes and gene variations are associated with mental disorders. So what is the best way to “look at your genes” and determine your own personal risk?

Your Family Health History

Your family history is one of your best clues about your risk of developing mental disorders and many other common illnesses. Certain mental illnesses tend to run in families, and having a close relative with a mental disorder could mean you are at a higher risk.

If a family member has a mental disorder, it does not necessarily mean you will develop one. Many other factors also play a role. But knowing your family mental health history can help you determine whether you are at a higher risk for certain disorders, help your doctor recommend actions for reducing your risk, and enable both you and your doctor to look for early warning signs.

To gain a better understanding of your family health history, it may help to:

Talk to Your Blood Relatives

The first step in creating a family health history is to talk to your blood relatives. The most helpful information comes from “first-degree” relatives—parents, brothers and sisters, and children. Information from “second-degree” relatives, such as nieces, nephews, half-brothers, half-sisters, grandparents, aunts, and uncles, can also be helpful.
Looking at My Genes: What Can They Tell Me About My Mental Health?

Don’t worry if you cannot get complete information on every relative. Some people may not want to talk. Others may be unable to remember information accurately. That’s okay. Whatever information you can collect will be helpful.

**Keep a Record**

Free print and online tools can help you create a family health history. One tool is “My Family Health Portrait” (https://familyhistory.hhs.gov/) from the U.S. Surgeon General. It helps organize your family health history information. The following instructions describe how to use the print and online versions of this tool.

You can download and print out “My Family Health Portrait” and use it to record information about your family’s health. Once you fill in the information, you can keep it for your records, share the completed form with your doctor or health care provider, or share it with family members. Learn more at https://familyhistory.hhs.gov/.

**PLEASE NOTE:** The Surgeon General’s “My Family Health Portrait” tool does NOT keep a government record of the information you fill in. Your health information is NOT available to anyone else, but you. The tool only provides the software for organizing your information. After you fill in your information, the completed form is available only to you for downloading. After that, it’s up to you whether you want to share the information with other family members or provide it to your health care provider.

As a family grows or family members are diagnosed with health conditions, new or updated information can be added. It may take a little time and effort, but this lasting legacy can improve the health of your family for generations to come.

**Talk to a Mental Health Professional**

If you have mental illness in your family, you may want to consult with a mental health professional who can help you understand risk factors and preventive factors. The NIMH Help for Mental Illness webpage (www.nimh.nih.gov/findhelp) provides a number of resources for finding immediate help, locating a health care provider or treatment, and participating in clinical trials.

**Your Genes**

Genes are segments of DNA found in every cell and are passed down from parents to children at conception. Some diseases—such as sickle cell anemia or cystic fibrosis—are caused by genetic mutation(s), or a permanent change in one or more specific genes.

In other diseases, including many brain disorders, gene variants play a role in increasing or decreasing a person’s risk of developing a disease or condition. Research is advancing our understanding of the role of genetics in mental health. Although there are common genetic variants associated with rare disorders like Fragile X or Rett syndrome, no gene variants can predict with certainty that a person will develop a mental disorder. In most cases, even the genetic variant with the most supporting research raise a person’s risk by only very small amounts. Knowing that you have one of these gene variants won’t tell you nearly as much about your risk as your family history can.
Looking at My Genes: What Can They Tell Me About My Mental Health?

Genetic Testing Versus Genome Scans

**Traditional Genetic Testing**

Doctors order traditional genetic testing for people they think are at high risk of one of the rare diseases for which specific genes are known to be the cause. The results enable patients and their doctors to make informed health care decisions together.

There are many different types of genetic tests. Genetic tests can help to:

- Identify gene changes that may increase the risk of developing a disease
- Diagnose disease
- Identify gene changes that are implicated in an already diagnosed disease
- Determine the severity of a disease
- Guide doctors in deciding on the best medicine or treatment to use for certain individuals
- Screen newborn babies for certain treatable conditions

**Currently, genetic testing cannot accurately predict your risk of developing a mental health disorder.** If a disease runs in your family, your health care professional can tell you if it's the kind of illness that can be detected through genetic testing. Your health care professional can help you make decisions about whether to be tested and can help you understand test results and their implications.

**Genome Scans**

**Genome scans are different from traditional genetic testing.** For a fee, anyone can mail a saliva sample to companies that sell the scan—without a prescription or a health care provider's advice. Advertisements say that the company then can provide information about a person's risks of developing specific diseases, based on gene variations.

But here's one thing genome scans have in common with genetic testing: **It's too early for genome scans to give people a complete picture of their risk of mental illnesses or to be used to diagnose a disorder.** Although research is underway, scientists don't yet know all of the gene variations that contribute to mental illnesses, and those that are known, so far, raise the risk by very small amounts.

You can learn about the various types of genetics tests and genetic counseling by visiting the National Human Genome Research Institute website ([www.genome.gov](http://www.genome.gov)).
Looking at My Genes: What Can They Tell Me About My Mental Health?

What About Genetic Testing or Genome Scans? Can They Help Predict My Risk of Developing a Mental Disorder?

The short answer to this question is no—not yet.

One day, genetic research may make it possible to provide a more complete picture of a person’s risk of getting a particular mental disorder or to diagnose it, based on his or her genes. For example, recent NIMH-funded research has identified five major mental disorders—autism, attention deficit hyperactivity disorder, bipolar disease, schizophrenia, and major depression—that can share common genetic components. Studies have also found that specific gene variants are associated with a higher risk of certain disorders, such as autism spectrum disorder or schizophrenia.

Although recent studies have begun to identify the genetic markers associated with certain mental disorders and may eventually lead to better screening and more personalized treatment, it is still too early to use genetic tests or genome scans to accurately diagnose or treat mental illness.

NIMH Research on Genetics

NIMH, a part of the National Institutes of Health (NIH), funds and conducts research to help answer important scientific questions about mental illnesses. Through research, NIMH works to determine what is promising, what helps and why, what doesn’t work, and what is safe.

For example, NIMH’s Office of Genomics Research Coordination and the Human Genetics Branch are currently studying and promoting research on the human genetic variations that contribute to the risk for mood and anxiety disorders such as bipolar disorder and panic disorder, so that better ways to diagnosis and treat these disorders can be developed. For example, in a genome-wide study, a group of scientists identified a stretch of chromosome that is associated with how a person with bipolar disorder responds to a mood-stabilizing medication called lithium. These scientists found that certain genetic traits helped predict how well patients with bipolar disorder would respond to the medication. Findings like these will be important steps towards better screening and personalized treatment. You can learn more about ongoing research efforts by visiting the NIMH website at www.nimh.nih.gov (search term: Genetics).

What Is Clinical Research?

Clinical research is medical research that involves people like you. Clinical trials are research studies that look at new ways to prevent, detect, or treat diseases and conditions. During clinical trials, treatments might be new drugs or new combinations of drugs, new surgical procedures or devices, or new ways to use existing treatments. The goal of clinical trials is to determine if a new test or treatment works and is safe. Although individual participants may benefit from being part of a clinical trial, participants should be aware that the primary purpose of a clinical trial is...
to gain new scientific knowledge so that others may be better helped in the future.

**Why Participate in Clinical Trials?**
People volunteer to participate in scientific studies that ultimately may uncover better ways to treat, prevent, diagnose, and understand diseases like depression. Clinical research includes trials that test new treatments and therapies as well as long-term natural history studies, which provide valuable information about how disease and health progresses. Research opportunities for **healthy volunteers** are also available. Healthy volunteers play a critical role in our studies. Decisions about whether to apply for a clinical trial and which ones are best for you should be made in collaboration with your licensed health professional.

**Clinical Trials at NIMH/NIH**
Researchers at the National Institute of Health’s (NIH) campus conduct research on numerous areas of study, including genetics. The studies take place at the NIH Clinical Center in Bethesda, Maryland, and require regular visits. After the initial phone interview, you will come to an appointment at the clinic and meet with a clinician. For more information, visit [www.nimh.nih.gov/joinastudy](http://www.nimh.nih.gov/joinastudy) or call 301-496-9576.

**How Do I Find a Clinical Trial Near Me?**
If you don't live near NIH but are interested in finding a clinical trial, visit [www.clinicaltrials.gov](http://www.clinicaltrials.gov). This is a searchable registry and results database of federally and privately supported clinical trials conducted in the United States and around the world. ClinicalTrials.gov gives you information about a trial’s purpose, who may participate, locations, and phone numbers for more details. This information should be used in conjunction with advice from health professionals.

**Finding Help**

**Mental Health Treatment Program Locator**
The Substance Abuse and Mental Health Services Administration (SAMHSA) provides this online resource for locating mental health treatment facilities and programs. The Mental Health Treatment Locator section of the Behavioral Health Treatment Services Locator lists facilities providing mental health services to persons with mental illness. Find a facility in your state at [https://findtreatment.samhsa.gov/](https://findtreatment.samhsa.gov/). For additional resources, visit [www.nimh.nih.gov/findhelp](http://www.nimh.nih.gov/findhelp).

**Questions to Ask Your Doctor**
Asking questions and providing information to your doctor or health care provider can improve your care. Talking with your doctor builds trust and leads to better results, quality, safety, and satisfaction. Visit the Agency for Healthcare Research and Quality (AHRQ) website for tips at [www.ahrq.gov/patients-consumers](http://www.ahrq.gov/patients-consumers).

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Looking at My Genes: What Can They Tell Me About My Mental Health?

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For More Information

For information about how genes affect your risk for developing a disease or a disorder, visit:

National Institute of Mental Health (NIMH)
https://www.nimh.nih.gov

Centers for Disease Control and Prevention: Family Health History
https://www.cdc.gov/genomics/famhistory/index.htm

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National Human Genome Research Institute
www.genome.gov/health

MedlinePlus: Genetic Disorders
https://medlineplus.gov/geneticdisorders.html

MedlinePlus (National Library of Medicine)
https://medlineplus.gov
(En Espanol: https://medlineplus.gov/spanish)

For information on clinical trials, visit:
ClinicalTrials.gov: https://www.clinicaltrials.gov
(En Espanol: https://salud.nih.gov/investigacion-clinica/)
5 Things You Should Know About Stress

Everyone feels stressed from time to time. But what is stress? How does it affect your health? And what can you do about it?

Stress is how the brain and body respond to any demand. Every type of demand or stressor—such as exercise, work, school, major life changes, or traumatic events—can be stressful.

Stress can affect your health. It is important to pay attention to how you deal with minor and major stress events so that you know when to seek help.

Here are five things you should know about stress:

1 Stress affects everyone.

Everyone feels stressed from time to time. Some people may cope with stress more effectively or recover from stressful events more quickly than others. There are different types of stress—all of which carry physical and mental health risks. A stressor may be a one time or short term occurrence, or it can be an occurrence that keeps happening over a long period of time.

Examples of stress include:

◉ Routine stress related to the pressures of work, school, family, and other daily responsibilities

◉ Stress brought about by a sudden negative change, such as losing a job, divorce, or illness

◉ Traumatic stress experienced in an event like a major accident, war, assault, or a natural disaster where people may be in danger of being seriously hurt or killed. People who experience traumatic stress often experience temporary symptoms of mental illness, but most recover naturally soon after.

2 Not all stress is bad.

Stress can motivate people to prepare or perform, like when they need to take a test or interview for a new job. Stress can even be life-saving in some situations. In response to danger, your body prepares to face a threat or flee to safety. In these situations, your pulse quickens, you breathe faster, your muscles tense, your brain uses more oxygen and increases activity—all functions aimed at survival.

3 Long-term stress can harm your health.

Health problems can occur if the stress response goes on for too long or becomes chronic, such as when the source of stress is constant, or if the response continues after the danger has subsided. With chronic stress, those same life-saving responses in your body can suppress immune, digestive, sleep, and reproductive systems, which may cause them to stop working normally.

Different people may feel stress in different ways. For example, some people experience mainly digestive symptoms, while others may have headaches, sleeplessness, sadness, anger or irritability. People under chronic stress are prone to more frequent and severe viral infections, such as the flu or common cold.

Routine stress may be the hardest type of stress to notice at first. Because the source of stress tends to be more constant than in cases of acute or traumatic stress, the body gets no clear signal to return to normal functioning. Over time, continued strain on your body from routine stress may contribute to serious health problems, such as heart disease, high blood pressure, diabetes, and other illnesses, as well as mental disorders like depression or anxiety.
There are ways to manage stress.

The effects of stress tend to build up over time. Taking practical steps to manage your stress can reduce or prevent these effects. The following are some tips that may help you to cope with stress:

- **Recognize the Signs** of your body’s response to stress, such as difficulty sleeping, increased alcohol and other substance use, being easily angered, feeling depressed, and having low energy.

- **Talk to Your Doctor or Health Care Provider.** Get proper health care for existing or new health problems.

- **Get Regular Exercise.** Just 30 minutes per day of walking can help boost your mood and reduce stress.

- **Try a Relaxing Activity.** Explore stress coping programs, which may incorporate meditation, yoga, tai chi, or other gentle exercises. For some stress-related conditions, these approaches are used in addition to other forms of treatment. Schedule regular times for these and other healthy and relaxing activities. Learn more about these techniques on the National Center for Complementary and Integrative Health (NCCIH) website at (www.nccih.nih.gov/health/stress).

- **Set Goals and Priorities.** Decide what must get done and what can wait, and learn to say no to new tasks if they are putting you into overload. Note what you have accomplished at the end of the day, not what you have been unable to do.

- **Stay Connected** with people who can provide emotional and other support. To reduce stress, ask for help from friends, family, and community or religious organizations.

- **Consider a Clinical Trial.** Researchers at the National Institute of Mental Health (NIMH), NCCIH, and other research facilities across the country are studying the causes and effects of psychological stress, and stress management techniques. You can learn more about studies that are recruiting by visiting www.nimh.nih.gov/joinastudy or www.clinicaltrials.gov (keyword: stress).

If you’re overwhelmed by stress, ask for help from a health professional.

You should seek help right away if you have suicidal thoughts, are overwhelmed, feel you cannot cope, or are using drugs or alcohol to cope. Your doctor may be able to provide a recommendation. You can find resources to help you find a mental health provider by visiting www.nimh.nih.gov/findhelp.

**Call the National Suicide Prevention Lifeline**

Anyone experiencing severe or long-term, unrelenting stress can become overwhelmed. If you or a loved one is having thoughts of suicide, call the toll-free National Suicide Prevention Lifeline (http://suicidepreventionlifeline.org/) at 1-800-273-TALK (8255), available 24 hours a day, 7 days a week. The service is available to anyone. All calls are confidential.

For More Information

For more information on conditions that affect mental health, resources, and research, visit www.mentalhealth.gov, or the NIMH website at www.nimh.nih.gov. In addition, the National Library of Medicine’s MedlinePlus service has information on a wide variety of health topics, including conditions that affect mental health.

**National Institute of Mental Health**

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5 cosas que usted debe saber sobre el estrés

Todo el mundo se siente estresado de vez en cuando, pero, ¿qué es el estrés? ¿Cómo afecta su salud? ¿Qué puede hacer usted al respecto?

El estrés es la forma cómo el cerebro y el cuerpo responden a cualquier demanda. Cualquier tipo de demanda o factor estresante—como el ejercicio, el trabajo, la escuela, cambios importantes en la vida o acontecimientos traumáticos—puede causar estrés.

El estrés puede afectar su salud. Es importante que preste atención a cómo usted se enfrenta a los acontecimientos estresantes menores y mayores para que sepa cuándo debe buscar ayuda.

A continuación, le indicamos cinco cosas que usted debe saber sobre el estrés:

1. El estrés afecta a todos.
   Todo el mundo se siente estresado de vez en cuando. Algunas personas pueden lidiar con el estrés más eficazmente o recuperarse de los acontecimientos estresantes más rápidamente que otras. Hay diferentes tipos de estrés, todos los cuales conllevan riesgos para la salud física y mental. Un factor estresante puede ser un acontecimiento que ocurre una sola vez o que dura poco tiempo, o puede ser una ocurrencia que continúa durante un largo período de tiempo.
   Algunos ejemplos de estrés incluyen:
   - El estrés de rutina relacionado con las presiones del trabajo, la escuela, la familia y otras responsabilidades diarias
   - El estrés provocado por un cambio negativo repentino, como la pérdida de un trabajo, el divorcio o una enfermedad
   - El estrés traumático que se experimente en un acontecimiento como un accidente grave, la guerra, un asalto o un desastre natural en el que las personas pueden estar en peligro de sufrir heridas graves o morir. Las personas que sufren estrés traumático a menudo experimentan síntomas temporales de enfermedad mental, pero la mayoría se recupera naturalmente poco después.

2. No todo estrés es malo.
   El estrés puede motivar a las personas a prepararse o a tomar acción, como cuando deben dar un examen o entrevistarse para un trabajo nuevo. El estrés puede incluso salvar vidas en algunas situaciones. En respuesta al peligro, el cuerpo se prepara para enfrentar una amenaza o para huir en busca de seguridad. En estas situaciones, el pulso y la respiración se aceleran, los músculos se ponen tensos, el cerebro consume más oxígeno y aumenta la actividad. Todas estas funciones tienen como objetivo la supervivencia.

3. El estrés a largo plazo puede perjudicar su salud.
   Puede haber problemas de salud si la respuesta al estrés continúa durante demasiado tiempo o se vuelve crónica, como cuando la fuente de estrés es constante o si la respuesta al estrés continúa después de que el peligro ha disminuido. Cuando se tiene estrés crónico, esas mismas respuestas del cuerpo que sirven para salvar la vida pueden deprimir los sistemas del cuerpo como el inmunológico, digestivo, de sueño y reproductivo. Esto puede hacer que dejen de funcionar normalmente.
Las personas pueden tener reacciones diferentes al estrés. Por ejemplo, algunas personas mayormente experimentan síntomas digestivos, mientras que otras pueden tener dolores de cabeza, insomnio, tristeza, ira o irritabilidad. Las personas que tienen estrés crónico son propensas a tener infecciones virales más frecuentes y graves, como la gripe o el resfriado común. El estrés de rutina puede ser el tipo de estrés más difícil de notar al principio. Debido a que la fuente de estrés tiende a ser más constante que en los casos de estrés agudo o traumático, el cuerpo no recibe ninguna señal clara para volver a funcionar normalmente. Con el tiempo, la tensión continua sobre el cuerpo debido al estrés de rutina puede contribuir a problemas graves de salud, como las enfermedades del corazón, presión arterial alta, diabetes y otras enfermedades y también trastornos como la depresión o ansiedad.

4. Hay maneras de manejar el estrés.

Los efectos del estrés tienden a acumularse con el tiempo. Tomar medidas prácticas para controlar el estrés puede reducir o prevenir estos efectos. Los siguientes son algunos consejos que pueden ayudarle a lidiar con el estrés:

- **Sepa reconocer las señales** de cómo responde su cuerpo al estrés, como dificultad para dormir, aumento del consumo de alcohol y otras sustancias, enfadarse fácilmente, sensación de depresión y poca energía.
- **Hable con su médico o con su proveedor de atención médica.** Obtenga atención médica adecuada para los problemas de salud existentes o nuevos.
- **Haga ejercicio de manera regular.** Sólo 30 minutos por día de caminar puede ayudar a mejorar su estado de ánimo y reducir el estrés.

- **Establezca objetivos y prioridades.** Decida qué debe hacer y qué puede esperar hasta más tarde, y aprenda a decir no a las tareas nuevas si le están imponiendo una sobrecarga de trabajo. Tenga en cuenta lo que ha logrado al final del día, no lo que no ha podido hacer.
- **Manténgase conectado** con personas que pueden ofrecerle apoyo emocional y de otro tipo. Para reducir el estrés, pida ayuda de amigos, familiares y organizaciones comunitarias o religiosas.

5. Si está abrumado por el estrés, pida ayuda de un profesional de la salud.

Usted debe buscar ayuda de inmediato si tiene pensamientos suicidas, está abrumado, siente que no puede seguir adelante o está usando drogas o alcohol para lidiar con sus problemas. Su médico puede remitirle a un profesional. También puede encontrar recursos para ayudarle a encontrar un proveedor de salud mental en la página en inglés del NIMH de ayuda para las enfermedades mentales en [www.nimh.nih.gov/findhelp](http://www.nimh.nih.gov/findhelp).

**Llame a la línea directa de la Red Nacional de Prevención del Suicidio**

Cualquier persona que experimenta estrés severo o constante por largo tiempo puede llegar a sentirse abrumado. Llame a la línea directa gratuita de la [Red Nacional de Prevención del Suicidio](http://www.nimh.nih.gov/findhelp).
Para más información


Instituto Nacional de la Salud Mental


FEELING FRAZZLED? REMEMBER MINDFUL

MEDITATE
A short few minutes feeling your breath to a full body scan, or yoga practice. Meditation means to pay attention to your thoughts, feeling, body, breath, or to connect with one of your senses for a length of time that you choose.

BE NONJUDGMENTAL
Don’t judge yourself for being judgmental! It’s a habit for minds to be judgmental - within your meditations, just notice and smile at any judgement you notice.

FORGIVE
Begin by forgiving yourself for the mistakes you’ve made. Then learn to forgive others. Holding on to grudges hurts you more than anyone else. Try taking a deep breath and as you breathe out, gently say to yourself ‘let go’.

INTERPRET DIFFERENTLY
Change your attitude, your interpretation of events, to live a better life. Interpretation is about directing your attention to the positive, not just the negative. See the good

DISCOVER
Mindfulness is about discovering more about yourself and the world around you. Be like a child and enjoy having a fun sense of awe and wonder

URGE SURF
Urge surfing is the act of noticing when you have an urge to do something and deciding to just watch that urge rise up and fall instead of habitually fulfilling your desire.

LOVE AND LOOK AFTER YOURSELF
Looking after yourself with sufficient sleep, exercise, pursuing interests, socializing, having some fun, and meditating are all necessary for human functioning; they are not luxuries. This is essentially the practice of self-compassion and part of what I call Kindfulness.

Visit ShamashAldina.com for more Mindfulness tips

ADAPTED FROM THE BOOK THE MINDFUL WAY THROUGH STRESS BY SHAMASH ALIDINA
Depression is more than just feeling sad or going through a rough patch. It’s a serious mental health condition that requires understanding and medical care. Left untreated, depression can be devastating for the people who have it and for their families. Fortunately, with early detection, diagnosis and a treatment plan consisting of medication, psychotherapy and lifestyle choices, many people do get better.

Some people have only one episode in a lifetime, but for most people depression recurs. Without treatment, episodes may last a few months to several years.

An estimated 16 million American adults—almost 7% of the population—had at least one major depressive episode in the past year. People of all ages and all racial, ethnic and socioeconomic backgrounds experience depression, but it does affect some groups of people more than others. Women are 70% more likely than men to experience depression, and young adults aged 18–25 are 60% more likely to have depression than people aged 50 or older.

**Symptoms**

Just like with any mental illness, people with depression experience symptoms differently. But for most people, depression changes how they function day-to-day. Common symptoms of depression include:

- Changes in sleep
- Changes in appetite
- Lack of concentration
- Loss of energy
- Lack of interest
- Low self esteem
- Hopelessness
- Changes in movement
- Physical aches and pains

**Causes**

Depression does not have a single cause. It can be triggered, or it may occur spontaneously without being associated with a life crisis, physical illness or other risk. Scientists believe several factors contribute to cause depression:

- **Trauma.** When people experience trauma at an early age, it can cause long-term changes in how their brains respond to fear and stress. These brain changes may explain why people who have a history of childhood trauma are more likely to experience depression.
- **Genetics.** Mood disorders and risk of suicide tend to run in families, but genetic inheritance is only one factor.
- **Life circumstances.** Marital status, financial standing and where a person lives have an effect on whether a person develops depression, but it can be a case of “the chicken or the egg.”
• **Brain structure.** Imaging studies have shown that the frontal lobe of the brain becomes less active when a person is depressed. Depression is also associated with changes in how the pituitary gland and hypothalamus respond to hormone stimulation.

• **Other medical conditions.** People who have a history of sleep disturbances, medical illness, chronic pain, anxiety, and attention-deficit hyperactivity disorder (ADHD) are more likely to develop depression.

• **Drug and alcohol abuse.** Approximately 30% of people with substance abuse problems also have depression.

## Diagnosis

To be diagnosed with depression, a person must have experienced a major depressive episode that has lasted longer than two weeks. The symptoms of a major depressive episode include:

- Loss of interest or loss of pleasure in all activities
- Change in appetite or weight
- Sleep disturbances
- Feeling agitated or feeling slowed down
- Fatigue
- Feelings of low self-worth, guilt or shortcomings
- Difficulty concentrating or making decisions
- Suicidal thoughts or intentions

## Treatments

Although depression can be a devastating illness, it often responds to treatment. The key is to get a specific evaluation and a treatment plan. Treatment can include any one or combination of:

- **Medications** including antidepressants, mood stabilizers and antipsychotic medications
- **Psychotherapy** including cognitive behavioral therapy, family-focused therapy and interpersonal therapy
- **Brain stimulation therapies** including electroconvulsive therapy (ECT) or repetitive transcranial magnetic stimulation (rTMS)
- **Light therapy,** which uses a light box to expose a person to full spectrum light and regulate the hormone melatonin
- **Exercise**
- **Alternative therapies** including acupuncture, meditation, and nutrition
- **Self-management strategies and education**
- **Mind/body/spirit approaches** such as meditation, faith, and prayer

See more at: [http://www.nami.org/Learn-More/Mental-Health-Conditions/Depression](http://www.nami.org/Learn-More/Mental-Health-Conditions/Depression)

*Updated March 2015*
Caregiver Stress

A caregiver is anyone who provides care for another person in need, such as a child, an aging parent, a husband or wife, friend, or neighbor. Caregiving can be rewarding, but it can also be challenging. Stress from caregiving is common. Women especially are at risk for the harmful health effects of caregiver stress.

Q: What is caregiver stress?
A: Caregiver stress is due to the emotional and physical strain of caregiving. Caregivers report much higher levels of stress than people who are not caregivers. Many caregivers are providing help or are “on call” almost all day. Some caregivers may feel overwhelmed by the amount of care their aging, sick, or disabled family member needs.

Q: What are the signs and symptoms of caregiver stress?
A: Caregiver stress can take many forms. You may feel frustrated and angry one minute and helpless the next. You may make mistakes when giving medicines. Or you may turn to unhealthy behaviors like smoking or drinking too much alcohol.

Other signs and symptoms include:
- Feeling overwhelmed
- Feeling alone, isolated, or deserted by others
- Sleeping too much or too little
- Gaining or losing a lot of weight
- Feeling tired most of the time
- Losing interest in activities you used to enjoy
- Feeling worried or sad often
- Having headaches or body aches often

Q: How does caregiver stress affect my health?
A: Some of the ways stress affects caregivers include:
- Depression and anxiety. Women who are caregivers are more likely than men to develop symptoms of anxiety and depression.
- Weak immune system. Stressed caregivers may spend more days sick with the cold or flu. A weak immune system can also make vaccines such as flu shots less effective. Also, it may take longer to recover from surgery.
- Obesity. Stress causes more weight gain in women than in men. Obesity raises your risk for other health problems, including heart disease, stroke, and diabetes.
- Higher risk for chronic diseases. High levels of stress can raise your risk for health problems, such as heart disease, cancer, diabetes, or arthritis.
- Problems with short-term memory or paying attention. Caregivers of spouses with Alzheimer’s disease are at higher risk for problems with short-term memory and focusing.

Q: What can I do to prevent or relieve stress?
A: Here are some tips to help you prevent or manage caregiver stress:

www.womenshealth.gov | 800-994-9662
• Take a class that teaches you how to care for someone with an injury or illness. To find these classes, ask your doctor or call your local Area Agency on Aging.

• Find caregiving resources in your community to give you a break. Your community may have adult daycare services or respite services.

• Ask for and accept help. Make a list of ways others can help you, such as getting groceries or sitting with the person while you do an errand.

• Make to-do lists, and set a daily routine.

• Stay in touch with family and friends, and do things you enjoy with your loved ones.

• Take care of your health. See your doctor for checkups, find time to be physically active on most days of the week, choose healthy foods, and get enough sleep.

• Ask for and accept help. Make a list of ways others can help you, such as getting groceries or sitting with the person while you do an errand.

For more information…

For more information about caregiver stress, call the OWH Helpline at 800-994-9662 or contact the following organizations:

**Centers for Medicare and Medicaid Services**

800-633-4227 • www.cms.hhs.gov

**Eldercare Locator, Administration on Aging, HHS**

800-677-1116 • www.eldercare.gov

**Family Caregiver Alliance**

800-445-8106 • www.caregiver.org

**National Alliance for Caregiving**

301-718-8444 • www.caregiving.org

**Caregiver Action Network**

202-454-3970 • www.caregiveraction.org

**ARCH National Respite Network and Resource Center**

www.archrespite.org

This fact sheet was reviewed by:

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Estrés del cuidador

Un cuidador es cualquier persona que brinda cuidados a otra persona que lo necesita, como un niño, un padre anciano, un marido o esposa, un familiar, amigo o vecino. Cuidar a alguien puede ser gratificante, pero también puede representar un desafío. El estrés provocado por cuidar a alguien es común. especialmente las mujeres corren el riesgo de sufrir efectos dañinos para la salud provocados por el estrés del cuidador.

P: ¿Qué es el estrés del cuidador?
R: El estrés del cuidador se debe a la tensión emocional y física producidas por cuidar de otra persona. Los cuidadores tienen niveles de estrés mucho más altos que las personas que no son cuidadores. Muchos cuidadores están proporcionando ayuda o están disponibles para hacerlo prácticamente todo el día. Algunos cuidadores pueden sentirse abrumados por la cantidad de cuidado que necesita su familiar anciano, enfermo o discapacitado.

P: ¿Cuáles son los signos y síntomas del estrés del cuidador?

Otros signos y síntomas incluyen:
- Sentirse abrumada
- Sentirse sola, aislada o abandonada por los demás
- Dormir mucho o muy poco
- Aumentar o bajar mucho de peso
- Sentirse cansada la mayor parte del tiempo
- Perder el interés en actividades que solías disfrutar
- Sentirse preocupada o triste con frecuencia
- Tener dolores de cabeza o de cuerpo con frecuencia

P: ¿Cómo el estrés del cuidador afecta mi salud?
R: Algunas de las formas en las que el estrés afecta a los cuidadores incluyen:
- Depresión y ansiedad. Las mujeres que son cuidadoras tienen más probabilidades que los hombres de desarrollar síntomas de ansiedad y depresión.
- Sistema inmunitorio débil. Los cuidadores estresados pueden pasar más días enfermos con resfriado o gripe. Un sistema inmunitorio débil también puede hacer que las vacunas, como las de la gripe, sean menos eficaces. Además, la recuperación de una cirugía puede tardar más.
- Obesidad. El estrés causa aumento de peso en más mujeres que hombres. La obesidad aumenta el riesgo de otros problemas de salud, incluyendo enfermedades cardíacas, accidentes cerebrovasculares y diabetes.
- Mayor riesgo de enfermedades crónicas. Los altos niveles de estrés pueden aumentar el riesgo de sufrir problemas de salud como enfermedades cardíacas, cáncer, diabetes o artritis.
- Problemas con la memoria a corto plazo o de atención. Los cuidadores de cónyuges con Alzheimer tienen mayor riesgo de tener problemas con la memoria a corto plazo y la concentración.

P: ¿Qué puedo hacer para prevenir o aliviar el estrés del cuidador?
R: Estas son algunas sugerencias para ayudarte a prevenir o manejar el estrés del cuidador:
- Toma una clase que te enseñe a cuidar a alguien con una lesión o enfermedad. Para encontrar estas clases, consulta a tu médico o llama a la agencia local para la tercera edad.
• Busca recursos para cuidadores en tu comunidad para obtener asistencia. Es posible que en tu comunidad haya servicios diurnos de cuidado de adultos o servicios de relevo.

• Pide y acepta ayuda. Haz una lista de formas en las que los demás pueden ayudarte, como hacer las compras o acompañar a la persona mientras haces una diligencia.

• Arma listas de tareas y establece una rutina diaria.

• Mantente en contacto con familiares y amigos, y haz cosas que disfrutas con tus seres queridos.

• Cuida tu salud. Consulta a tu médico para hacerte chequeos, encuentra tiempo para hacer actividad física la mayoría de los días de la semana, elige alimentos saludables y duerme lo suficiente.

• Pide y acepta ayuda. Haz una lista de formas en las que los demás pueden ayudarte, como hacer las compras o acompañar a la persona mientras haces una diligencia.

Para obtener más información...

Para obtener más información sobre el estrés del cuidador, llama a la línea de ayuda de la OWH al 800-994-9662 o comunícate con las siguientes organizaciones:

Centros de Servicios de Medicare y Medicaid (CMS), HHS
800-633-4227 • www.cms.hhs.gov

Buscador de cuidados para adultos mayores (Eldercare Locator), Administración para la Tercera Edad, HHS
800-677-1116 • www.eldercare.gov

Family Caregiver Alliance
800-445-8106 • www.caregiver.org

National Alliance for Caregiving
301-718-8444 • www.caregiving.org

Caregiver Action Network
202-454-3970 • www.caregiveraction.org

ARCH National Respite Network and Resource Center
www.archrespite.org

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Stress Management Strategies

#1: Avoid unnecessary stress
Not all stress can be avoided, and it’s not healthy to avoid a situation that needs to be addressed. You may be surprised, however, by the number of stressors in your life that you can eliminate.

- **Learn how to say “no”** – Know your limits and stick to them. Whether in your personal or professional life, refuse to accept added responsibilities when you’re close to reaching them. Taking on more than you can handle is a surefire recipe for stress.
- **Avoid people who stress you out** – If someone consistently causes stress in your life and you can’t turn the relationship around, limit the amount of time you spend with that person or end the relationship entirely.
- **Take control of your environment** – If the evening news makes you anxious, turn the TV off. If traffic’s got you tense, take a longer but less-traveled route. If going to the market is an unpleasant chore, do your grocery shopping online.
- **Avoid hot-button topics** – If you get upset over religion or politics, cross them off your conversation list. If you repeatedly argue about the same subject with the same people, stop bringing it up or excuse yourself when it’s the topic of discussion.
- **Pare down your to-do list** – Analyze your schedule, responsibilities, and daily tasks. If you’ve got too much on your plate, distinguish between the “should” and the “musts.” Drop tasks that aren’t truly necessary to the bottom of the list or eliminate them entirely.

#2: Alter the situation
If you can’t avoid a stressful situation, try to alter it. Figure out what you can do to change things so the problem doesn’t present itself in the future. Often, this involves changing the way you communicate and operate in your daily life.

- **Express your feelings instead of bottling them up.** If something or someone is bothering you, communicate your concerns in an open and respectful way. If you don’t voice your feelings, resentment will build and the situation will likely remain the same.
- **Be willing to compromise.** When you ask someone to change their behavior, be willing to do the same. If you both are willing to bend at least a little, you’ll have a good chance of finding a happy middle ground.
- **Be more assertive.** Don’t take a backseat in your own life. Deal with problems head on, doing your best to anticipate and prevent them. If you’ve got an exam to study for and your chatty roommate just got home, say up front that you only have five minutes to talk.
- **Manage your time better.** Poor time management can cause a lot of stress. When you’re stretched too thin and running behind, it’s hard to stay calm and focused. But if you plan ahead and make sure you don’t overextend yourself, you can alter the amount of stress you’re under.

#3: Adapt to the stressor
If you can’t change the stressor, change yourself. You can adapt to stressful situations and regain your sense of control by changing your expectations and attitude.

- **Reframe problems.** Try to view stressful situations from a more positive perspective. Rather than fuming about a traffic jam, look at it as an opportunity to pause and regroup, listen to your favorite radio station, or enjoy some alone time.
- **Look at the big picture.** Take perspective of the stressful situation. Ask yourself how important it will be in the long run. Will it matter in a month? A year? Is it really worth getting upset over? If the answer is no, focus your time and energy elsewhere.
- **Adjust your standards.** Perfectionism is a major source of avoidable stress. Stop setting yourself up for failure by demanding perfection. Set reasonable standards for yourself and others, and learn to be okay with “good enough.”
- **Focus on the positive.** When stress is getting you down, take a moment to reflect on all the things you appreciate in your life, including your own positive qualities and gifts. This simple strategy can help you keep things in perspective.

#4: Accept the things you can’t change

Academic Success Center, Oregon State University, 2011, Adapted from: http://helpguide.org/mental/stress_management_relief_coping.htm
Some sources of stress are unavoidable. You can’t prevent or change stressors such as the death of a loved one, a serious illness, or a national recession. In such cases, the best way to cope with stress is to accept things as they are. Acceptance may be difficult, but in the long run, it’s easier than railing against a situation you can’t change.

- **Don’t try to control the uncontrollable.** Many things in life are beyond our control—particularly the behavior of other people. Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems.
- **Look for the upside.** As the saying goes, “What doesn’t kill us makes us stronger.” When facing major challenges, try to look at them as opportunities for personal growth. If your own poor choices contributed to a stressful situation, reflect on them and learn from your mistakes.
- **Share your feelings.** Talk to a trusted friend or make an appointment with a therapist. Expressing what you’re going through can be very cathartic, even if there’s nothing you can do to alter the stressful situation.
- **Learn to forgive.** Accept the fact that we live in an imperfect world and that people make mistakes. Let go of anger and resentments. Free yourself from negative energy by forgiving and moving on.

### #5: Make time for fun and relaxation

Beyond a take-charge approach and a positive attitude, you can reduce stress in your life by nurturing yourself. If you regularly make time for fun and relaxation, you’ll be in a better place to handle life’s stressors when they inevitably come.

- **Set aside relaxation time.** Include rest and relaxation in your daily schedule. Don’t allow other obligations to encroach. This is your time to take a break from all responsibilities and recharge your batteries.
- **Connect with others.** Spend time with positive people who enhance your life. A strong support system will buffer you from the negative effects of stress.
- **Do something you enjoy every day.** Make time for leisure activities that bring you joy, whether it be stargazing, playing the piano, or working on your bike.
- **Keep your sense of humor.** This includes the ability to laugh at yourself. The act of laughing helps your body fight stress in a number of ways.

#### Healthy ways to relax and recharge:

<table>
<thead>
<tr>
<th>Go for a walk.</th>
<th>Savor a cup of coffee or tea.</th>
<th>Light scented candles.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spend time in nature.</td>
<td>Play with a pet.</td>
<td>Take a long bath.</td>
</tr>
<tr>
<td>Call a good friend.</td>
<td>Work in your garden.</td>
<td>Listen to music.</td>
</tr>
<tr>
<td>Have a good workout.</td>
<td>Curl up with a good book.</td>
<td>Watch a comedy.</td>
</tr>
<tr>
<td>Write in your journal.</td>
<td></td>
<td>Get a massage.</td>
</tr>
</tbody>
</table>

### #6: Adopt a healthy lifestyle

You can increase your resistance to stress by strengthening your physical health.

- **Exercise regularly.** Physical activity plays a key role in reducing and preventing the effects of stress. Make time for at least 30 minutes of exercise, three times per week. Nothing beats aerobic exercise for releasing pent-up stress and tension.
- **Eat a healthy diet.** Well-nourished bodies are better prepared to cope with stress, so be mindful of what you eat. Start your day right with breakfast, and keep your energy up and your mind clear with balanced, nutritious meals throughout the day.
- **Reduce caffeine and sugar.** The temporary "highs" caffeine and sugar provide often end in with a crash in mood and energy. By reducing the amount of coffee, soft drinks, chocolate, and sugar snacks in your diet, you’ll feel more relaxed and you’ll sleep better.
- **Avoid alcohol, cigarettes, and drugs.** Self-medicating with alcohol or drugs may provide an easy escape from stress, but the relief is only temporary. Don’t avoid or mask the issue at hand; deal with problems head on and with a clear mind.
- **Get enough sleep.** Adequate sleep fuels your mind, as well as your body. Feeling tired will increase your stress because it may cause you to think irrationally.
Can Food Improve Your Mood?

Eating patterns and food choices can have a positive impact on your mood. Fueling your body with proper nutrition can relieve tiredness, irritability, and improve sleep.

The 2015-2020 Dietary Guidelines for Americans states that while healthy eating patterns do have a positive impact on preventing disease, eating patterns may also influence brain health.

Here are 6 simple tips to improve your MOOD with FOOD:

1. Space out your meals! Don’t go more than 3-4 hours without a meal or snack. Eating meals spread throughout the day helps control your blood sugar. Drops in blood sugar can make you feel tired, irritated or sad.

2. Use healthy unsaturated fats from olive oil, canola oil, fish and avocados. Your brain needs fats to power your body each day, so include the right fats in your diet.

3. Cut down on caffeine from coffee, tea, soda and energy drinks. Too much caffeine can make you feel anxious, sad, or disturb your sleep patterns.

4. Are you getting enough vitamin D? Low levels of vitamin D can make you feel sad. Salmon and tuna are loaded with vitamin D. Milk and some orange juices are fortified with vitamin D, so they are also great sources!

5. Eat a rainbow of fruits and vegetables to supply your body with essential nutrients. Nutrient deficiencies can cause weakness, sadness, and poor concentration.

6. Carbohydrates are the body’s main source of energy. Fruits, whole grains, and starchy vegetables are excellent sources of fiber. Choose fruit for dessert in place of a sugar-sweetened treat.

For More Info: https://goo.gl/aZwvnV

Written by: Saraelena Becker, Dietetic Intern
Yale New-Haven Hospital Nutrition Clinic, 20 York Street-CBB 52, New Haven, CT 06510
(203) 688-2422
Shrimp and Avocado Salad

A delicious salad packed with healthy unsaturated fats!

Total Time: 15 minutes  
Yields: 3 servings

**Ingredients**

- 1 Tbsp. extra virgin olive oil
- 1 Tbsp. fresh cilantro, chopped
- 2 Tbsp. lime juice
- 1 lb. medium or large cooked shrimp
- 1 cup grape or cherry tomatoes, halved
- 1 avocado, cut in ½ inch cubes
- Salt and pepper to taste

**Directions**

1. Whisk the olive oil, cilantro and lime juice in a large bowl.
2. Add the shrimp, tomato halves, avocado and toss gently.
3. Season with salt and pepper to taste. Serve immediately or chilled overnight.

Source: https://oldwayspt.org/recipes/shrimp-and-avocado-salad

**Nutrition Facts**

- Calories 240
- Total Fat 19 g
- Sodium 860 mg
- Carbohydrates 8 g
- Fiber 4 g
- Protein 22 g
Berry Crostata
Serves 6

Chef Raquel Rivera-Pablo, owner of A Pinch of Salt, graduated with highest honors from the culinary program at the Institute of Culinary Education (ICE) after completing her externship at Le Bernardin in NYC. Chef Raquel served as the nutrition/chef instructor at the West Side Campaign Against Hunger providing patrons of the food pantry with a 12-week hands-on cooking curriculum aimed at teaching healthy, budget-friendly meals incorporating pantry staples with farmer’s market produce, while covering culinary lessons like food safety and classical French techniques. Chef Raquel recently ran a pilot, A Pinch of Salt: The Restaurant Edition a free, 12-week, hands-on culinary training for low-income Bridgeport residents aspiring to be chefs and food entrepreneurs.

A Bridgeport resident, Chef Raquel provides cooking programming for children and adults at Hall Neighborhood House, YMCA Ralphola Center, Wakeman Boys & Girls Club, LifeBridge/FreshConnections, local senior centers and for the 7 Bridgeport Farmers markets.

Chef Raquel is a board member of the Bridgeport Food Policy Council and the Bridgeport Farmers Market Collaborative.

Ingredients:
- ½ pint fresh blueberries
- ½ pint of raspberries
- 1 tsp. of ground cinnamon
- 1 tablespoon all-purpose flour
- 1 tablespoon granulated sugar
- 1 orange, zest and juice
- 1 store brought pie dough
- 1 egg with 1 tbs. of water for egg wash
- 2 tablespoons of sugar in the raw

Directions:
1. Preheat oven to 350 degrees.
2. For the filling: Place blueberries and raspberries in a bowl. Add cinnamon, sugar, zest and the juice of the orange. Set aside.
3. Roll out dough until it’s about ¼ inch thick. Place on baking sheet lined with parchment paper.
4. Place fruits and collected juices, in center of dough making sure to leave at least a 1 inch border. Gently fold dough over the border of the fruit, pleating it to make a circle. Brush crust with egg wash, sprinkle raw sugar.
5. Bake crostata for 35 to 40 minutes, until the crust is golden and the fruit is tender. Allow to cool. Serve warm or at room temperature with a dollop of fresh whipped cream.

Chef Raquel Rivera-Pablo
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Tarta de Dar Fruto
Sirves 6

La chef Raquel Rivera-Pablo, propietaria de A Pinch of Salt, se graduó con los más altos honores del programa culinario en el Instituto de Educación Culinaria (ICE) después de completar su pasantía en Le Bernardin en Nueva York. La chef Raquel fue la instructora de nutrición / chef en West Side Campaign Against Hunger y brindó a los clientes de la despensa de alimentos un plan de cocina práctico de 12 semanas para enseñar comidas saludables y económicas que incorporan productos básicos de despensa con productos del mercado de agricultores, mientras cubriendo las lecciones culinarias como la seguridad alimentaria y las técnicas clásicas francesas. La chef Raquel dirige un programa piloto, A Pinch of Salt: The Restaurant Edition, una capacitación culinaria práctica y gratuita de 12 semanas para residentes de bajos ingresos de Bridgeport que aspiran a ser chefs y emprendedores de alimentos.

Residente de Bridgeport, Chef Raquel ofrece programación de cocina para niños y adultos en Hall Neighborhood House, YMCA Ralphola Center, Wakeman Boys & Girls Club, LifeBridge / FreshConnections, centros para personas mayores y para los 7 mercados de Bridgeport Farmers. La Chef Raquel es miembro de la junta del Consejo de Política Alimentaria de Bridgeport y miembro de Bridgeport Farmers Market Collaborative.

Ingredientes:
½ pinta de arándanos frescos
½ litro de frambuesas
1 cucharadita de canela molido
1 cucharada de harina para todo uso
1 cucharada de azúcar granulada
1 naranja, ralladura y jugo
1 tienda trajo masa para pastel
1 huevo con 1 cucharada de agua para lavar huevos
2 cucharadas de azúcar en crudo

Direcciones:
1. Precaliente el horno a 350 grados.
2. Para el relleno: coloque los arándanos y las frambuesas en un tazón. Agregue la canela, el azúcar, la ralladura y el jugo de la naranja. Dejar de lado.
3. Extienda la masa hasta que tenga aproximadamente ¼ de pulgada de grosor. Coloque en una bandeja para hornear forrada con papel pergamino.
4. Coloque las frutas y los jugos recolectados, en el centro de la masa asegurándose de dejar al menos un borde de 1 pulgada. Doble suavemente la masa sobre el borde de la fruta, plisándola para hacer un círculo. Cepille la masa con la colada de huevo y espolvoree azúcar sin refinar.
5. Hornee la crostata durante 35 a 40 minutos, hasta que la masa esté dorada y la fruta esté tierna. Dejar enfriar. Sirva caliente o a temperatura ambiente con una cucharada de crema batida fresca

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Monthly Health Challenge - Standing Dumbbell Press

Would you like to work and strengthen your shoulder and triceps muscles? You can start with the standing dumbbell press to enhance shoulder muscles. As you perform this dumbbell challenge, your shoulders and triceps will get stronger enabling you to lift heavier weights and build muscle.

**How to perform the perfect standing dumbbell:**

1. Standing with your feet shoulder width apart, take a dumbbell in each hand. Raise the dumbbells to head height, the elbows out and about 90 degrees. This will be your starting position.
2. Maintaining strict technique with no leg drive or leaning back, extend through the elbow to raise the weights together directly above your head.
3. Pause, and slowly return the weight to the starting position.

*If you don’t own dumbbells, a full water bottle or a can of soup are good substitute for weights.

For beginners, follow the Easy Track (E), but if you’re looking for a more difficult track, follow the Challenging Track (C).

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El reto del mes - Prensa con Pesas

¿Te gustaría fortalecer los músculos del hombro y del trápezo? Usted puede comenzar haciendo prensas con pesas de pie para mejorar sus músculos. A medida que realice este desafío, sus hombros y trápezos se fortalecerán, lo que le permitirá levantar pesas más pesadas y construir músculos.

¿Cómo realizar la prensa con pesas de pie perfectamente?

1. De pie con los pies separados por el hombro, tome una pesa en cada mano. Levante las pesas a la altura de la cabeza, los codos a 90 grados. Esta será su posición inicial.

2. Manteniendo la técnica estricta sin la impulsión de la pierna o inclinándose hacia atrás, extienda a través del codo para levantar las pesas juntas directamente sobre su cabeza.

3. Haga una pausa y devuelva lentamente las pesas a la posición inicial.

* Si no tiene pesas, una botella de agua completa o una lata de sopa son un buen sustituto para las pesas.

* Para principiantes, siga las instrucciones más fáciles (F). Para los ejecutantes avanzados, sigue las instrucciones difíciles (D).

Abreviación utilizada para "repeticiones" es "reps"

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