

DON'T WAIT THE TIME IS NOW



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The stigma associated with seeking mental health services (counseling, mental health medication, residential mental health services) continues to be a barrier for individuals. However, there is more advanced change to decrease the stigma, encourage a preventive and early intervention approach to mental health. Preventive simply put, would mean developing daily and weekly mental health coping strategies before you develop warning signs of mental health concerns. Early Intervention would be seeking out mental health resources when you notice your early warning signs of a mental health concern. There are many benefits to doing preventative and early intervention instead of waiting and not seeking out help until the last minute. This article will examine how to know when to seek help early and the benefits of preventative and early intervention therapy.

Often clients will wait until the proverbial poop has hit the fan before they seek out mental health services. But this usually leads to a longer need of services before they notice any improvements. Since we tend to be a species that desires instant gratification, the will to continue much needed long term mental health services is not very strong. Therefore, it is best to start services early on. The first step is to notice warning signs that may indicate a mental health concern. There are a

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Tips on Nutrition

by Jamie Leslie – Source found from ICA Notes web article titled “10 Foods That Boost Mental Health”

The term “you are what you eat” also applies to your mental health and your physical health. Below are some nutritious foods you can add to your diet that help with mental health concerns.



1. **Salmon** – Because this fish has high amounts of omega-3. It can improve cognitive functioning. The cognitive functioning that it impacts is usually your learning abilities and memory. Salmon also has a high amount of Vitamin D. Vitamin D helps improve moods and battle depression. Other fish to consider could be tuna or herring.

a. *Don't like fish* – I personally use Hemp Hearts. They also have a high level of Omega-3 and Omega-6. Omega-6 is good at not only helping with cognitive function, but it also helps give a boost of energy! Hemp Hearts can be found in Casper at Natural Groceries, Smiths, and Walmart. They have a nutty taste to them and pair well with yogurt, oatmeal, and basic breakfast cereal. Also, you can look at a fish oil supplements or Flax seeds to increase your healthy fat consumption.

2. **Chicken or Turkey** – It is getting closer to Thanksgiving and Christmas! Chicken and Turkey contain tryptophan. This substance will help provide a good snooze and it can also help your body produce serotonin. Serotonin is a much-needed happy chemical that your brain produces to manage mood and fight depression.

3. **Whole Grains** – Food that falls into this category could include beans, soy, oats, and wild rice. Whole grains are classified as a complex carbohydrate. This leads to glucose being produced more slowly and provides a good amount of energy. Also, it helps your brain absorb the tryptophan from your chicken or turkey meal. Thus, boosting brain function.

4. **Avocados** – Besides the fact that they are needed to make amazing guacamole, avocados contain vitamin K and folate. This boosts your memory and concentration. Avocados also have a high dose of lutein, which improves brain function.

5. **Spinach** – There is a reason Pop Eye liked his spinach. It is shown to provide the brain with folic acid. This helps the brain fight depression as well as insomnia.

a. *Don't like spinach* – you might want to try Kale. You can get some lightly salted Kale chips in the chip aisle at the store and still give your body a dose of folic acid. Or check out Zuppa Toscana soup at Olive Garden. You can also make the soup at home. Just google Zuppa Toscana recipe and you will find a variety of recipes to try.

6. **Yogurt** – Yogurt contains active cultures of probiotics. Not only are probiotics found to help with digestive health, but they also help reduce stress and anxiety. Yogurt also has potassium and magnesium in. These are good chemicals to ward off anxiety and stress and improve on brain functioning.

7. **Nuts** – Just like salmon, nuts have a high level of omega-3 fatty acids. Cashews or Almonds would be good to look at because cashews contain magnesium & almonds have phenylalanine. This tricky word to spell and probably pronounces (phenylalanine) is shown to help the brain produce dopamine. Dopamine is another chemical that the brain produces to boost mood.

8. **Olive Oil** – Olive Oil has Polyphenols in it. This helps remove the proteins that are linked to Alzheimer's Disease and can improve on learning and memory. The best type of Olive Oil to is Extra Virgin Olive Oil.

a. *How to sneak it in?* – You can sneak Olive Oil into your daily cooking. Purchase the pan spray that is Olive Oil based and use it when spraying your baking pans. Also, when cooking vegetables or protein add it to the pan instead of vegetable oil.

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Christmas Gift Ideas

by Jamie Leslie

It won't be long, and the holiday season will be ringing its bells as we all try to find presents for our loved ones. Here are some gift ideas with a mental health benefit that you might want to consider!

1. Bath Bombs with Epsom Salts

Epsom salts contain magnesium. Magnesium helps alleviate sore muscles and helps alleviate sleeplessness caused by anxiety.

(Shop local at Natural Groceries, Bath and Body Works, Ulta Beauty, She, Alpenglw or Rustic Jackalope LLC).

2. Mindful Coloring Books

These coloring books will help people emotionally ground when they experience anxiety or depression.

(Shop local at Wind City Books, Book Exchange Inc, Wonder, Target, and Walmart).

3. Calming Tea

There are a variety of teas that you can find that will help alleviate stress symptoms. Yogi is a brand of tea that makes at least five different types of tea for stress. Celestial Seasonings has one called Tension Tamer and ones geared towards sleep. (Shop local at Natural Groceries, Alpenglw, any grocery store, Target, and Walmart).

4. Fidgets

These toys can help individuals with ADHD, anxiety, and autism self-soothe when they have lots of excess energy or if they need something to emotionally ground.

(Shop local at Toy Town, Family Dollar, Claire's, Michaels, Kohls, Target, and Walmart)

5. Essential Oils

Find an essential oil blend for stress or check out lavender. There are a variety of blends that are also centered around improving energy and general mood. (Shop local at Alpenglw, Natural Groceries, Herbs by Design, Wonder, Walgreens, Creating Wholeness, Bath and Body Works, Walmart, and Target).

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9. Tomatoes – Tomatoes contains lycopene. This chemical helps fight Alzheimer's and reduce cell damage. Lycopene is also shown to help with memory, attention, and concentration.

10. Dark Chocolate – Saving the best for last! Dark Chocolate has high levels of flavonoids. This antioxidant boosts attention and memory. It can also help enhance mood and fight of cognitive memory issues. Please consume in moderation!

a. Want to mix up some dark chocolate with some good nuts? Find a dark chocolate bar with almonds so you can have the benefit of the dark chocolate with the almonds! Or melt your own dark chocolate and stir in a variety of nuts to create your own nut clusters.

Yum!



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variety of holistic warning signs to be aware of that could be a red flag that you are starting to experience depression, anxiety, or other mental health concerns. One warning sign would be a change in sleep. Individuals who suffer from depression will often experience either insomnia or hypersomnia. Sleep will also cause issues with stress and anxiety. Individuals may experience the ability to go to sleep, but they will not stay asleep. They will often wake up later in the evening and have a great deal of issues getting back to sleep. Issues with body symptoms such as headache, muscle tension and stomach discomfort can be a warning sign of anxiety and depression. People may notice a change with energy levels, and this can be a good warning sign. If someone is experiencing anxiety, they may notice more sense of urgency or antsy. Depression will often cause fatigue and a general lack of energy and motivation. Another warning sign to be aware of would be changes with cognitive function. If someone notices ruminating thoughts and catastrophizing thoughts that is a common symptom of anxiety. Depression can also cause ruminating thoughts that are more shame based and issues with remember things. Ultimately if you can start to listen to your body, mind, and behaviors you will start to wake up to the reality that you may have the start of a mental health concern. Then the next step is not to wait until symptoms persist or increase but to start mental health services NOW.

There are many benefits to consider for preventative and early intervention care. The Steinberg Institutes article titled "Fact Sheet: The Cost Benefits of Early Intervention in Mental Illness", published in August of 2017, points out that early intervention has lots of cost benefits. Their article notes statistics found from the National Academies of Sciences, Engineering and Medicine that state "every \$1 investment in prevention and early intervention for mental illness and addiction programs yields \$2 to \$10 in savings in health costs, criminal and juvenile justice costs and low productivity."

The same article from the Steinberg Institutes notes that clients who seek out early intervention will experience more improvements at a quicker rate than those who wait to receive services. As a therapist, I can attest that the sooner you start to make changes with therapy and mental health interventions, then the quicker you will get results. Clients who wait will experience a longevity of symptoms and require more therapy sessions before they notice improvements.

Economically it helps our country for clients to follow through with preventative or early intervention. The Steinberg Institutes previously stated article reports that "untreated mental illness results in more than \$193 billion in lost earnings each year in the US." The article then notes that mental health is the most expensive category of health costs for our country.

So "Do it for Our Country", a song from the musical Grease 2, and seek out help before the proverbial poop hits the fan! The sooner you start mental health services the quicker you will experience results and the less money you will spend. **Remember to call your Three Trails EFAP and set up an appointment. Our number is 307-237-5750.** Make sure and leave a message if you get our voice mail so we can return your phone call. Make that start to end the stigma against mental health and seek early intervention instead of crisis intervention.

IMMUNE BOOSTING TEA RECIPE

Our Receptionist, Trish Hussion, highly recommends this tea to help give a boost to your immune system. Check out the recipe below that she found on the website Simply Beyond Herbs. (<https://simplybeyondherbs.com/>)

To make the immune boosting tea blend mix the following herbs:

- Elderberry • Echinacea • Rosehips • Ginger • Turmeric • Cinnamon •

1st Step

Combine all herbs above together in a saucepan.

2nd Step

Add 5 cups of water and slowly heat the mixture to a boil. Reduce the heat to a minimum and let it steep for 20+ minutes to extract all medicinal properties.

3rd Step

Strain the herbal material and drink pure warm tea slowly, enjoying every sip.

4th Step

Add honey or sweetener if desired and enjoy!

