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A Monthly Insight into Mental Health Trends

# Mental Health *newsletter*

current topics >>>

## *Have We Reached Peak "Mental Health?"*

One thing I strive to do in my career and personally, is to see multiple perspectives of any argument. Many people...admittedly also myself...tend to preach about focusing on improving our mental health. There are popular TikTokers, celebrities and clinicians who speak out on ways to combat mental health symptoms, but we tend to only focus on a select few groups who are struggling – typically with anxiety or depression. This means however, that we neglect to address the needs of those who are struggling with other illnesses, such as Schizophrenia or Borderline Personality Disorder. A clinical neuropsychologist explains that we have moved “from providing increased awareness of specific difficulties to offering a broad set of prescriptions about how we should live.” Mental health problems are very much an individual struggle and vary from person to person – two people who both struggle with anxiety may need to approach their challenges in different ways for a variety of reasons.

Continue to read more about this topic [HERE!](#)

## Out of the Darkness Walk

*Join the MRHS team for suicide prevention and awareness month!*

*This Saturday, September 24<sup>th</sup>, during Suicide Prevention Awareness Month, Monmouth Regional staff and students will join together and walk at the Jersey Shore Out of the Darkness Walk which is to raise money and awareness for suicide prevention.*

Suicidal ideation, just like mental health condition, affect people of all ages, races, ethnicities, religions, gender, or backgrounds.

Suicide rates increased around 30% between 2000–2018, and seemed to decline in 2019 and 2020 during the COVID-19 pandemic. Although this sounds wonderful, the fact also remains that calls to suicide prevention hotlines skyrocketed during COVID-19 quarantine.

Suicide is also still one of the leading causes of death amongst Americans of all ages. Approximately 12.2 million people had thoughts of suicide, 3.2 million people made a suicide plan, 1.2 million people attempted suicide, and 46,000 people died by suicide in 2020. Although this is such an alarming issue in the world, there are ways that suicide can be prevented and how suicidal thoughts can be treated!

Strengthen economic supports by increasing household financial security and housing stabilization policies. We also want to ensure

Click [HERE](#) to join the MRHS team or to learn more about **Suicide Prevention Awareness Month!**

access and delivery of suicide care to our most at-risk populations, as well as increase protective factors (e.g., reduce access to lethal means, promote connection and engagement in community, clubs, sports, etc.). In schools, we want to teach

problem-solving and conflict resolution skills, and work to identify those who are displaying warning signs. When a school staff member can identify those who are at-risk, recognize the warning signs, teach coping skills, and create a community of support for a student, the risk for suicide drastically decreases. And remember, if you or someone you know is struggling with their mental health, help is available! Call or text “988” 24/7 for help!

set the stage for each day >>>

## WINDING DOWN FOR THE WEEKEND

Use some of these skills, tips, and tricks to help combat negative thoughts, grow your self-esteem, and reflect on the positive in your life.



### Remember This:

Have you ever felt a bit lost when you were going to a new place? Maybe you became a bit overwhelmed until you got to your final destination. We're all a little lost sometimes. But try not to worry, you always find your way.

### Try This:

Be on the lookout this weekend for signs that you've progressed or ways you've grown recently. Maybe you don't sweat the small stuff anymore or maybe you make choices that would lowkey shock The Old You. Take a second to celebrate whatever progress looks like for you.



### Think On This:

What is a lesson that you 100% had to learn the hard way? Now, as much as that sucked, any chance you can give yourself some grace for how you handled that tough sitch and made it out the other side?



relationship building >>>

## Relationship Jet-Lag and How to Combat It

Have you ever felt completely out of sync from your partner? Almost like you are two ships passing in the night or like you are traveling in two completely different time zones?

### 7 Habits for Better Relationships

1. Become a great listener
2. Ask the right questions
3. Pay attention to the whole person
4. Remember things that are important to others
5. Be consistent and manage emotions
6. Be open and share when the time is right
7. Be genuine, confident, humble, trustworthy, positive, and fun

Relationship jet-lag can happen for a variety of reasons, but is very common when we find ourselves constantly separating and reuniting with one another throughout each day (e.g., going to work, coming home, etc.). This can also happen when you are too stressed out with work to focus on your partner or vice versa – too stressed out with your partner to focus on work.

**Here are some ways to reduce or prevent relationship jet-lag →**

1. **Become aware of what makes you 'lag.'**
  - a. Developing self-awareness is important to intentionally think and act in ways that will make the transition easier.
2. **Include a 'jet lag' period into your schedule.**
  - a. Create a routine to unwind from your day and settle in with your partner – and make it special, not just a boring everyday task.
3. **Normalize feeling 'jet-lagged.'**
  - a. Be patient with yourself – If you're taking more time to get back into your individual routine, that does not make you needy or codependent. If it's taking you time to re-adapt to being with your partner, that doesn't mean you are a bad partner. It might just be part of the process.

# Women's Health and Fitness Day

*How do you view fitness and health? Would you consider yourself to be healthy and fit? Do you partake in the latest fad diets and exercise routines?*



Many people believe that health = skinny. We view models as an example of what fitness and health should look like. But did you know that 40% of models engage in disordered eating, 54% report skipping meals, 39% report using intravenous (IV) drips to offset malnourishment from eating disorder behaviors, 25% report using self-induced vomiting behaviors, and 81% reported having a Body Mass Index (BMI) classified as underweight.

Experts define physical fitness as “one’s ability to execute daily activities with optimal performance, endurance, and strength with the management of disease, fatigue, and stress and reduced sedentary behavior.”

Nowhere in this definition do I see the word skinny, weight, or to look good to other people. Although our weight can impact our ability to perform tasks, it is not the sole determinant of physical fitness. Have you ever looked thinner, but the scale actually went up because you gained muscle mass? I love that definition of physical fitness because it also explains why focusing on your physical fitness (not appearance) is so important: to combat disease, stress, fatigue, etc.

When you are focusing on your physical or nutritional goals, try not to compare your diet and exercise routines to anyone else around you. Each person’s body requires differing amount of vitamins, calories, exercise, etc.

**Click the image (left) to learn more.**



## Components of Fitness

*Cardiorespiratory fitness  
Muscular strength  
Muscular endurance  
Body composition  
Flexibility*

## Fitness Fast Facts

- Maintaining good physical fitness can help prevent some conditions.
- With exercise, body composition can change without changing weight.
- Athletes’ hearts show different changes depending on their chosen sport.
- Muscle strength increases due to fiber hypertrophy and neural changes.
- Stretching to increase flexibility can ease a number of medical complaints.
- The reasons diets “fail” are because they contain common factors:
  - Restriction
  - Deprivation
  - Guilt
  - Shame
- A study found that girls who dieted at a severe level were 18x more likely to develop an eating disorder and girls who dieted at a moderate level were 5x more likely.

## ask the experts >>>

**Q:** *How can I improve my body image??*

**A:** *There is no one size fits all treatment for body image issues!*

Practicing self-awareness and validating your feelings/body sensations is a crucial first step. Cognitive Behavioral Therapy, an approach where irrational thoughts are recognized, analyzed and restructured to more rational self-talk, is often used in treatment, as well as dance and movement therapy. It is important to develop trust and appreciation of one’s body based upon “creating internal experiences, rather than simply evaluated one’s body aesthetically.”

# final thoughts...

Whether you are looking to eliminate suicidal ideation, combat your depression/anxiety/mental health symptoms, improve your relationships with others, or focusing on improving your body image, I hope you learn that there is no one size fits all for treatment!



coming soon >>>

## Next Month's Themes

*Depression and Mental Health*

*Screening Month*

*National Coming Out Day*

*Bullying Prevention Month*

*Domestic Violence Awareness Month*

THE BRAVEST  
THING YOU  
CAN DO IS  
ask FOR HELP.

As I mention many times in this newsletter, there is no one size fits all solution to the problems that we face. No matter what issue you are trying to overcome (e.g., personality disorder, trauma, schizophrenia, ADHD, substance use, body image, mood disorder, relationship issues, everyday stress), please know that you do not have to suffer alone! Help is available! Please click on the image (left) to be directed to a website that can help you find counseling and information on mental health treatment/help.