



HEALTHY TODAY

www.communityhealthdayton.org

May 2020

TOOLS TO THRIVE

May is Mental Health Month, and it has never been more important than this year. Until now, there were still some people who believed that mental health wasn't everyone's concern. Some thought mental health wellness was aimed at just a "small" group of people – the one in five who have a mental health concern in any given year.

That isn't the case today.

Just weeks ago, we had no idea that all our worlds were going to be turned upside down by the coronavirus. Or that the associated worry, isolation, loneliness, & anxiety would be something that literally everyone – all five in five – would experience. Mental Health Month this year focuses on resiliency, and thriving at any time. Resiliency, and mental wellness, are now more useful than ever.

- ⇒ Mental health screening is essential during times of stress. Talk to your health care provider about mental health screening. It is more important than ever to take care of our mental health.
- ⇒ While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health.
- ⇒ One way to check in on yourself is to take a mental health screen at mhascreening.org. It's a quick, free, and private way for someone to assess their mental health and recognize signs of mental health problems.
- ⇒ It is important to look forward and to focus on what we need to do to thrive in uncertain times. And the tools in this month's issue will help us do just that.

<https://mhanational.org/mental-health-month-2020-toolkit-download>

Healthy Today is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you and your family stay healthy and thriving every day!

To read more Healthy Today articles, please visit the archives on our website:

www.communityhealthdayton.org/healthyat80

IN THIS ISSUE

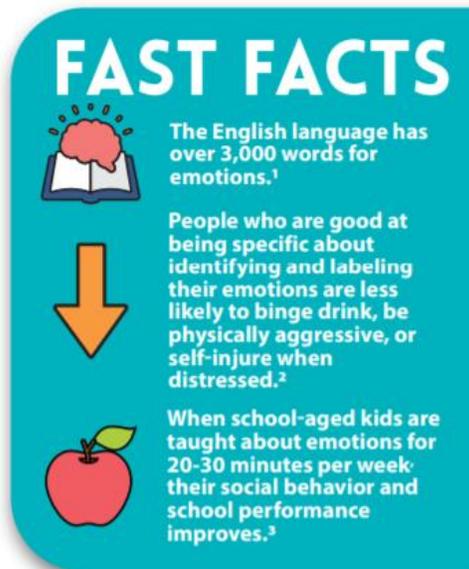
- Tools to Thrive
- Owning Your Feelings
- How to be Helpful
- Ask What You Can Do
- Nutrition Bites: Plant Powered Protein
- Delicious & Nutritious: Algerian Whole-Wheat Couscous with Red Beans and Vegetables



OWNING YOUR FEELINGS

It can be easy to get caught up in your emotions as you're feeling them. Most people don't think about what emotions they are dealing with, but taking the time to really identify what you're feeling can help you to better cope with challenging situations.

- 1) **Allow yourself to feel.** Sometimes there are societal pressures that encourage people to shut down their emotions, often expressed through statements like, "Big girls don't cry," or "Man up." These outdated ideas are harmful, not helpful. Everyone has emotions—they are part of the human experience—and you have every right to feel them.
- 2) **Don't ignore how you're feeling.** Most of us have heard the term "bottling up your feelings" before. When we try to push feelings aside without addressing them, they build strength and make us more likely to "explode" at some point in the future. It may not always be appropriate to process your emotions at the very moment you are feeling them, but try to do so as soon as you can.
- 3) **Talk it out.** Find someone you trust that you can talk to about how you're feeling. You may find that people are eager to share about similar experiences they've had or times that they have felt the way that you are feeling. This can be helpful, but if you're really only interested in having someone listen, it's okay to tell them that.
- 4) **Build your emotional vocabulary.** When asked about our feelings, most people will usually use words like bad, sad, mad, good, or fine. But at the root of "good, bad, sad, mad, or fine" are many words that better describe how we feel. Try building your emotional vocabulary by writing down as many "feeling" words as you can think of and think of a time that you felt that way.



FAST FACTS

 The English language has over 3,000 words for emotions.¹

 People who are good at being specific about identifying and labeling their emotions are less likely to binge drink, be physically aggressive, or self-injure when distressed.²

 When school-aged kids are taught about emotions for 20-30 minutes per week their social behavior and school performance improves.³

HOW TO BE HELPFUL

While 1 in 5 people will experience a diagnosable mental health condition in their lives, 5 out of 5 people will go through a challenging time that affects their mental health. There are simple things that every person can say or do to help the people in their life who are struggling to get through the tough times.

Practice active listening.

Active listening is different than just hearing what a person has to say. A good active listener puts everything aside and gives their complete attention to the person who is talking; asks open-ended questions to get more details about the topic that is being discussed and takes moments throughout the conversation to summarize what they've been told and make sure they are understanding clearly.

Don't compare.

If a friend or loved-one is going through a tough situation and they come to you for support, you might feel tempted to tell them about something that happened to you and how you were able to get through it. It's okay to share about similar experiences, but be careful not to compare because it can make someone feel like their pain isn't valid.

<https://mhanational.org/sites/default/files/Handout%20-%20Supporting%20Others.pdf>

ASK WHAT YOU CAN DO

It can be tempting to assume what would be helpful to someone who is struggling, but it's always better to ask them what they need from you. If you ask and get a response like, "nothing, I'm fine," offer up a few suggestions for things you would be willing to do (without being pushy).

To be truly supportive of someone, you need to put your personal opinions & biases aside. They may be struggling because of a mistake they made, or you may think that they are overreacting, but you will never know what it is truly like to be that person in this moment, & criticism is not helpful to their recovery.

FAST FACTS



A strong social support system improves overall mental health outcomes and the ability to bounce back from stressful situations.¹



One study found that providing support to others increased activity in the part of the brain associated with rewards.²



For young people who came out as LGBTQ, those who had at least one accepting and supportive adult were 40% less likely to attempt suicide.³

NUTRITION BITES!

PLANT POWERED PROTEIN

Need to plan meals at home for a while? Try a plant-forward approach. Eating less meat doesn't have to mean getting less protein. Dried and canned beans and legumes, as well as tofu, quinoa, nut butters and many vegetables, provide protein and can be more affordable than meat.

What's the deal with meatless meals?

⇒ Well, it seems that leaving out the meat is good for you. In fact, it could help lower your cholesterol and reduce your risk for cardiovascular disease. Most of the cholesterol-raising saturated fats that Americans eat come from meat and full-fat dairy products such as whole milk cheese. If you decrease your daily intake of animal fat, you're going to decrease your intake of saturated fat.

What's in a meatless meal?

⇒ What does your dinner look like when you take meat off the menu? Your meal won't be boring and there are more options than you'd think! Going meatless is as simple as moving vegetables and fruits from a side dish to a starring role. You should also seek out high-fiber whole grains, beans and legumes, unsalted nuts, and lower fat and fat-free dairy foods. These tend to be high in fiber, vitamins, minerals and other important phytonutrients.

Start with small steps

⇒ Sticking with it can quickly make you start feeling lighter and your wallet fatter: People who eat less meat tend to consume fewer calories, and foods such as beans are one of the most cost-effective sources of protein available. Meat typically costs more per pound than other protein sources. Instead, keep the refrigerator and pantry stocked with plant-based alternatives like vegetables, beans, nuts, whole grains and tofu. Keep a few convenient meatless foods you like, such as veggie burgers and vegetarian microwavable meals, on hand for a quick, meatless lunch.



https://www.heart.org/en/healthy-living/healthy-eating/eat-smart/nutrition-basics/vegetarian-vegan-and-meals-without-meat?utm_source=healthy+for+good+fy+1920&utm_medium=email&utm_campaign=march+week+3&utm_content=content+1+cta

Delicious & Nutritious

ALGERIAN WHOLE-WHEAT COUSCOUS WITH RED BEANS AND VEGETABLES

A vegetarian version of the signature North African dish, hearty beans and tender vegetables are served on a bed of fluffy, whole-grain couscous.

- 2 tsp olive oil
- 1 medium onion (chopped)
- 1 small red bell pepper, cut lengthwise into 2 x 1/4-inch strips
- 1 small zucchini (halved lengthwise, diagonally sliced)
- 1 medium carrot (diagonally sliced)
- 1 medium rib of celery, cut crosswise into thin slices
- 1 teaspoon minced garlic
- 2 15.5-ounce cans no-salt-added dark red kidney beans, rinsed and drained
- 1 cup fat-free, low-sodium vegetable broth
- 1 small sweet potato (peeled, cut into 1-inch cubes)
- 1 large tomato (diced)
- 1 teaspoon dried thyme (crumbled)
- 1 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon salt
- 1/8 teaspoon cayenne
- 1 cup uncooked couscous (whole-wheat)
- 1/4 cup minced parsley (fresh)



- ⇒ In a large skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the onion, bell pepper, zucchini, carrot, and celery for 5 minutes, stirring frequently. Stir in the garlic. Cook for 30 seconds, stirring occasionally.
- ⇒ Stir in the beans, broth, sweet potato, tomato, thyme, cumin, paprika, salt, and cayenne. Increase the heat to high and bring to a boil. Reduce the heat to low. Cook, covered, for 12 to 15 minutes, or until the vegetables are tender.
- ⇒ Meanwhile, prepare the couscous using the package directions, omitting the salt. Fluff with a fork. Transfer the couscous to serving plates. Spoon the vegetable mixture over the couscous. Sprinkle each serving with the parsley.

<https://recipes.heart.org/en/recipes/algerian-couscous-red-beans-veg>

Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

Our Health Centers

Appointment Line:

937-461-6869

Hours: Mon-Fri 7:30am-5:30pm

Alex Central Health Center

5 South Alexandersville Road Miamisburg, OH 45342 Phone: 937-247-0304

Charles Drew Health Center

1323 West Third Street Dayton, OH 45402 Phone: 937-461-4336

Corwin Nixon Health Center

2351 Stanley Avenue Dayton, OH 45404 Phone: 937-228-0990

East Dayton Health Center

2132 East Third Street Dayton, OH 45403 Phone: 937-528-6850

Patterson Park Health Center

1074 Patterson Road Dayton, OH 45420 Phone: 937-258-6330

Victor Cassano Health Center

165 South Edwin C. Moses Blvd. Dayton, OH 45402 Phone: 937-972-0303

Dental Center

East Dayton Dental Center

2132 East Third Street Dayton, OH 45403 Phone and Appointments: 937-528-6830

www.communityhealthdayton.org

 Calories

330 Per Serving

 Protein

16g Per Serving

Community Health Centers of Greater Dayton—Your Medical Home