

Sports and Mental Health

Sports can be a physically healthy way to have fun and be part of a team and can also be good for one's mental health. Whether playing a team sport, hitting the gym, or going for a walk/run, these activities can release chemicals in the brain that cause a person to be happier and more relaxed. Sports and physical activity also help in areas such as improved concentration and keeping mental skills sharp like critical thinking, learning, and good judgment. The release of endorphins triggered by such activities serves to reduce stress and depression by uplifting one's mood. Furthermore, sports and physical activity can improve one's sleep by falling asleep faster and sleeping more soundly, help maintain a healthy body-weight, reduce the chance for diabetes, high cholesterol, and hypertension, and boost self-confidence. A regular sport or fitness routine can increase one's skill level, boost strength, and improve stamina. All the physical health and mental health benefits from participating in a sport, or a physical activity such as going to the gym or taking a walk/run, can also boost self-image which can, in turn, lead to success off the court and outside of the gym as well.

www.hommenorthopedics.com



The Best Protein Pancakes

INGREDIENTS

- 1 Cup Oats
- 1 Banana
- 2 eggs
- 1/2 C Egg Whites
- 4 Teaspoons Baking Powder
- A Pinch of Salt and Cinnamon
- 1-2 Scoops Protein Powder
- 2 Tablespoons Flax Meal

INSTRUCTIONS

1. Run everything through the blender on medium-low speed until very well mixed.
2. Heat a nonstick griddle to medium-high heat. Add batter in small circles—about 1/4 cup per pancake. Sprinkle with blueberries or chocolate chips if you want. When the edges start to look dry (2-3 minutes), flip and cook another minute or two on the other side.
3. Top with anything you like! I like syrup, peanut butter, and chocolate chips.

<https://pinchofyum.com/protein-pancakes>

BRIDGEVIEW

COMMUNITY MENTAL HEALTH CENTER

Inspiring. Encouraging. Educating.

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ABOUT US: Bridgeview Community Mental Health Center is a non-profit organization which provides a full range of mental health services to the people of Clinton County and surrounding areas. Bridgeview provides professional and confidential counseling, treatment and care for emotional and behavioral problems for children, adolescents, adults and families.

The View Staff: Anna T., Catherine, Heather, Jocelyn, Karli, Margo

SPORTS

Use the clue list to fill in the puzzle.

ACROSS:

1. What game is played with a round black and white ball?
2. Tees, ballmarkers and _____ balls.
4. What person uses a bow and arrow?
5. Racquets, balls and 2 or 4 people play.
7. Cross country and downhill.
8. What sport uses a high net and ball?
13. Competition in running.
14. Famous Song: *Take Me Out To The _____ Game.*
15. Wear it when you play football.
16. Jumping off a high board.
17. A _____ boat uses oars.

DOWN:

1. Using a board in the ocean.
3. What sport uses a _____ ball to get strikes and spares?
6. Water and bathing suit.
9. Yards, running and touch down.
10. Bat, ball and mitts.
11. Running, jumping, hoop and ball.
12. Ice, puck and stick.
14. Fighting with gloves on.

Pinterest.com

The View

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From Bridgeview Community Mental Health Center



Everyone has mental health, and everyone has physical health. Good mental health is just as important to a person's overall well being as good physical health is. The *earlier* a person engages in healthy eating practices and starts exercising regularly, the more positive and long term the results will be on his or her physical health. In a similar way, the *earlier* a person learns and uses positive social emotional

skills, the more resilient he or she will be in the midst of adversity throughout life. Likewise, if a child, adolescent or teen begins to show signs of a mental health disorder, *early* detection and treatment is key to establishing good mental health for life. Bridgeview Community Mental Health Center is committed to helping youth become emotionally and mentally well.

Bridgeview has been providing direct care in ALL Clinton County schools for over twenty years. Our school based therapists provide one on one, direct therapy to the students in an office at their school that is reserved for the Bridgeview therapist. What the student shares with the therapist is totally confidential. School staff do not have access to the student's records unless the student and/or student's guardian has signed a release of information or if the student is homicidal or suicidal. Each school year we have teachers and school counselors refer students to the Bridgeview therapist in their building. Our therapists DO work with school staff when the student/guardian gives his or her consent.

Students seen in the schools for therapy who might require medication have access to our skilled medical professionals at our main office location in Clinton. Since our school based therapists share the care of clients with the medical professionals, we have continuity of care.

Along with therapy, for the last twelve years at no charge to the student, the family, or the school district, Bridgeview has provided depression/suicide risk screenings in Clinton County schools. Bridgeview has also provided mental health education in area school districts. Our vision and mission in providing services in the schools is a reason we have a relationship with the Speak Out Against Suicide organization and the annual Glow Walk. Bridgeview has been the appreciative recipient of these groups' financial support, investing that support in our school based services.

Bridgeview's current masters level school based therapists are: Megan Avise-Rouse (Clinton High & Central-DeWitt), Dan Hill (Clinton High & Middle Schools), Karli Moellers (Eagle Heights & Jefferson), David Sievers (Camanche & Northeast), Ashley Sotelo-Ashby (Cal-Wheat & Clinton Middle School), Olivia Stevens (Bluff & Whittier), and Mary Walker (CCC). The coordinator of school based programs and mental health educator is Jocelyn Meyer. Please call 563-243-5633 for any questions regarding our youth mental health services.

SHOWER MELTS MADE WITH ESSENTIAL OILS!!!

Shower melts are a great way to add aromatherapy to your shower! Using essential oil blends in shower steamers can help you wake up & feel energized, calm down & relax, improve your attitude and clear your breathing.

Shower melts are really very easy to make and only take a few ingredients: 1 cup baking soda, 1/4 to 1/3 cup distilled water, and 25 drops essential oil.

Instructions:

- Add 1 cup baking soda to a glass mixing bowl.
- Add distilled water. Start with 1/4 cup, then add more water if needed — you want it to be the consistency of slightly damp sand.
- Mix well.
- Add essential oils and mix again.
- Scoop into silicone molds. Use the back of a spoon or your finger tips to press down firmly on the mixture.
- Allow to dry overnight in the molds.
- Once completely dry, remove from molds.

To use, place the melt on the floor of the shower; put it in a spot on the floor where it will be out of the main shower spray but still will get hit with some water. The heat of the shower and the occasional spray of water will dissolve the baking soda and release the scent of essential oils into the air.



oneessentialcommunity.com

The Risks of Using Electronic Devices Right Before Bed

9 out of 10 people in the United States confess that they use some sort of electronic device within the hour before they go to bed as a way to unwind. Unfortunately, using these devices before bed can have undesirable effects on a person's body and mind.

TVs, smart phones, laptops, tablets, etc. emit short-wavelength, artificial blue light (which isn't actually visibly blue). This type of light sets back the body's internal clock and suppresses the production and release of melatonin (a sleep inducing hormone). The combination of an "off" internal clock and not enough melatonin makes it more difficult for a person to fall asleep. Chronic sleep deficiency can lead to serious physical and mental health conditions such as obesity, diabetes, cardiovascular disease, anxiety, depression and alcohol use.

The best option to prevent sleep deficiency from electronics usage is to stop using electronic devices two hours before bedtime. If that is not realistic, even ending usage a half hour before bedtime would be beneficial.

Another way to reduce exposure to the artificial blue light emitted by iPhones in particular is to activate "night shift." Choose the setting app, tap on "display and brightness," select "night shift," and then choose "scheduled." The iPhone will offer to use the warmer end of the color spectrum (aka less blue light) from 10 PM to 7 AM. It is possible to customize the time frame to fit your schedule.

Be An Ally For All

The way that we talk about things that we are unknowledgeable about can be harmful! 1 in 36 people in the United States identify as part of the LGBTQ+ population, according to The Williams Institute, a think tank at UCLA law. The initialism (LGBTQ) that refers to the population includes individuals who identify themselves as lesbian, gay, bisexual, transgender, or queer or questioning. Think about the people that you know- your classmates, family, coworkers, even people that you encounter throughout your day. Chances are that you know someone who identifies as being a part of the LGBTQ+ community.

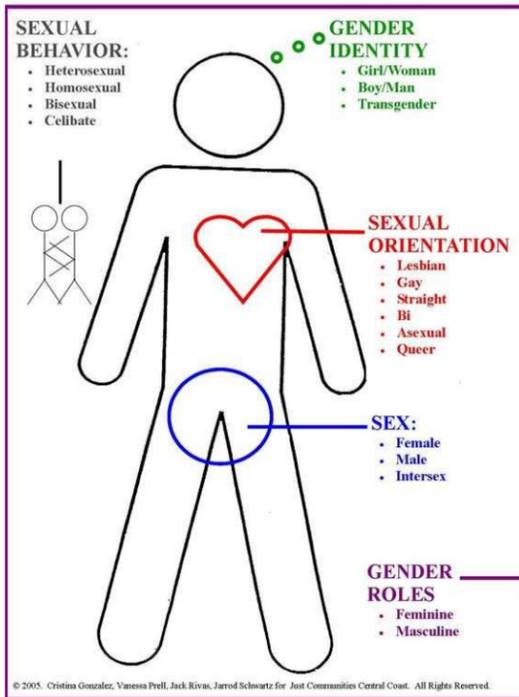
The way that we speak, as well as the way we interact with individuals in our daily lives, can have a greater impact than we can imagine. It can also inspire others. Here are some ways to be cognizant of our LGBTQ friends:

- Educate yourself
- Listen
- Don't assume
- Speak up
- Never out someone

Want more information? Visit:

- www.matthewshepard.org
- www.transequality.org
- www.forge-forward.org

For local support groups visit: www.clockinc.org or look on Facebook for Clock, Inc. groups in Rock Island!



Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 - 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 - 139	or	80 - 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

Some ways to help control blood pressure

- Eat a heart-healthy diet that includes potassium and fiber.
- Drink plenty of water.
- Exercise regularly.
- Don't smoke.
- Limit alcohol consumption to one drink a day for women, two a day for men.
- Limit salt consumption to less than 1,500 mg per day.
- Try to avoid stress.
- Maintain a healthy body weight.

TIPS AND TRICKS
how to stay safe in the sun!

SUN SAFETY facts

FACTS on sun safety

- Women are around two times as likely to apply sunscreen as men.
- The sun can even effect your eyes! By exposing your eyes to UV radiation you can get temporary injuries such as photokeratitis and photoconjunctivitis- where you're burning the skin-like tissues in your eye & eyelid.
- The sun radiates light to the earth. Different types of light are produced, such as infrared light, colour light, and ultraviolet light.
- Being exposed to UVB radiation triggers the body to produce vitamin D, for the body!
- UVB: These types of rays cause skin aging, wrinkling, and contributes to skin cancer.
- UVA: This type of ray is also dangerous; they cause sunburns, cataracts, and they effect a person's immune system.
- You may think a tan looks good, but it's actually a sign that your skin is damaged from UV.
- Get you didn't know this...** Wearing perfume in the sun can be dangerous. The heat can chemically change some of the ingredients- which can cause allergic rashes and age spots!
- The higher the sun is in the sky, the more intense the sun's rays are.
- Even snow can contribute to burns!** The light colour of snow reflects the sun's UV rays- harming our skin even in the cold!
- A double sided fact** Too much sun exposure has been proven to cause skin cancers and other negative impacts on the bodies immune system, although limited amounts have been proven to treat diseases too!
- UV radiation can be produced by artificial means, such as tanning beds. This type of exposure is just as dangerous as the radiation from the sun.
- 95% of UVA rays reach the earth.
- 5% of UVB rays reach the earth.
- The sun is strongest between 11 AM and 4 PM.

TIPS on staying safe in the sun

- Don't wait for your skin to tell you when to get out of the sun- if you're burnt you're skin is already badly damaged.
- Wear sunscreen with an SPF 15 or higher. The larger the SPF number- the better and more protected you are!
- Use sunglasses that have 100% UV protection!
- Try playing in the sun early in the morning or late afternoon rather than noon.
- Don't spend more than 30-60 minutes in the sun near noon. Too much sun exposure can lead to sunburns, skin aging skin cancer and more.
- After being out in the sun, apply vitamin E to your skin. It helps prevent age spots!
- BE SUN SMART!** follow these 5 simple steps to be safe while in the sun!
1. Wear Sunglasses
2. Use LOTS of sunscreen
3. Wear a hat
4. Cover up
5. Find Shade
- Children need extra protection from the sun. If you're under 18 and have had many sunburns you increase the chance of getting skin cancer.
- Wear protective clothing while spending a lot of time out in the sun, such as hats, sunglasses, and coverups.
- Try and avoid being out in the sun from 11 AM until 4 PM, this is when the sun is the strongest!
- While in the sun, drink LOTS of water to stay hydrated!

York Region



Post-traumatic Stress Disorder (PTSD) is a mental health condition that is prompted by a traumatic event that was either witnessed or experienced.

PTSD can cause nightmares, flashbacks, and severe anxiety. Symptoms of PTSD can begin within one month of the traumatic event or may not appear until years later. The duration of PTSD varies from person to person.

There are 4 categories of PTSD. Reliving, which is repeated thoughts and flashbacks of the traumatic incident. Avoiding, which is avoiding places, people, and situations that remind one of the trauma. Increased arousal, which is an excess of emotions, irritability, anger, sleep issues, problems relating to others. Negative Cognition/Mood, which refers to thoughts and feelings related to memories of the trauma.

PTSD can be treated with anti-anxiety medications, antidepressants, mood stabilizing medications, and/or antipsychotic medications. Psychotherapy is also advised to help learn skills to manage symptoms and ways to cope. There is also a special type of therapy focusing on PTSD called EMDR (eye movement desensitization and reprocessing).

After surviving a traumatic event, it is best to seek help immediately to prevent or lessen the effects of PTSD. Talking to family, friends and/or clergy, talking to your doctor, and participating in therapy can be very helpful.

Stray strong and press on!!!

