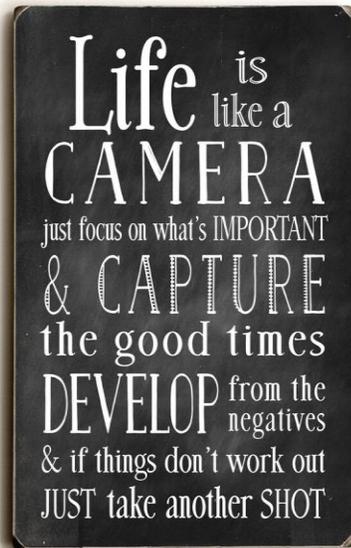




(530)694-1816

Let's Connect!



September 1, 2020



Hello Alpine County Family! September is an important month for two national public health observances that can remind us of all the reasons for tapping into and inspiring hope, resilience and recovery. During **Suicide Prevention Week (September 6-12)** thousands of people around our state and the world join together to raise awareness that suicide can be prevented, to honor the memory of those who have died by suicide, and to support healing among those who have survived the devastating impact of suicide. In addition, **National Recovery Month, also held in September,** celebrates the millions of Americans who are in recovery from mental health and substance use disorders and reminds us that treatment is effective, and people can and do recover. Let us work together in a way that unites individuals, families, communities, mental health, and substance use and suicide prevention to spark conversations and increase awareness. Let us use this month to lift one another up and provide inspiration and a clear vision of **hope, resiliency and recovery** in the face of all the adversities challenging our community in 2020.

Hope, Resilience & Recovery

Suicide Prevention Week: September 6-12, 2020
World Suicide Prevention Day September 10
National Recovery Month September



suicideispreventable.org



WHENEVER YOU FIND YOURSELF DOUBTING HOW FAR YOU CAN GO. JUST REMEMBER HOW FAR YOU HAVE COME. REMEMBER EVERYTHING YOU HAVE FACED, ALL THE BATTLES YOU HAVE WON AND ALL THE FEARS YOU HAVE OVERCOME.

If you fail, never give up because F.A.I.L. means "First Attempt In Learning"
End is not the end. In fact E.N.D. means "Effort Never Dies"
If you get NO as an answer, remember N.O. means "Next Opportunity"
Positive thinking!!!!

*If you are interested in receiving this newsletter via email in the future, please call 530.694.1816 and provide us with your email address.

September 1, 2020 Issue

On the following pages:

- September Virtual "Create the Good" Schedule
- 50+ Club Virtual gathering: National Parks
- Self-Care Ideas
- Sausage & Zucchini Skillet Recipe
- Blueberry Salmon Power Salad Recipe
- Resilience: Build Skills to Endure Hardship
- Wacky Wordies Puzzles
- Answers to Last Newsletter's Puzzles
- Friendship Line California information
- Build Skills to Endure Hardship
- Coloring Pages
- Online YouTube Links to explore Hope and Resilience

Online YOGA Classes

Behavioral Health Services is offering

1 hour Zoom yoga classes (4 per week)

Monday & Wednesday 9-10am

Tuesday & Thursday 5:30-6:30pm



To receive the online link to the classes by email, call our office @ 530-694-1816 and provide your email address.

Virtual “CREATE THE GOOD” September

Topics and Conversations about Hope, Recovery and Resilience

Wednesday, September 2nd @ 4:30pm: MHSA Stakeholder Meeting

“Wellness Roundtable” What do you like to see happen, with the wellness part of MHSA plan?

Friday, September 4th @ Noon: Wall of Hope: Respond to one of the prompts below by writing or drawing. Read and be inspired by what others have written as well. • Leave a positive message to brighten someone’s day. • What is the best thing someone could say to you when you need support? • Why is it important to speak openly about Suicide Prevention and Recovery? • What is one thing that is most important to you and worth living for?

Wednesday: September 9th @5pm: Wall of Hope continued

Friday, September 11th @ Noon: Recovery: Trivia Game

Friday, September 18th @ Noon: Resilience: Each Mind Matters Bingo

Wednesday, September 23rd @ 5pm: Resilience: Connection to Nature and Recreation

Friday, September 25th @ Noon: Resilience through Culture: Native American Day

Join Zoom Meeting

<https://zoom.us/j/98887819160?pwd=d0tsTS9GaGhzYUhuSFJoY3cvclNSQT09>

One tap mobile

+1-669-900-9128,98887819160#

50+ Club Virtual Gathering on Zoom

<https://zoom.us/j/95144835750?pwd=YmVoUW9nT1RUZ2EvTXNya0hNaURxdz09>

Use your phone to call in at 1 669 900 9128, enter 951 4483 5750 and press #

Call our office to have the Zoom link sent to your email 530-694-1816

“Exploring National Parks Film”

Distraction

as a Self-Care Strategy

WHY SHOULD I DISTRACT MYSELF?

Activities are a great way for us to distract ourselves from our current emotions until we are better able to cope. When our level of distress is too high, we may not be able to effectively handle a situation and need ways to bring our emotional state down. Some suggestions may seem similar to self-care, but distraction activities serve a different purpose. One person's self-care activity is another's distraction technique.

EXAMPLES OF DISTRACTION ACTIVITIES

- Call a friend (and don't talk about what's causing you distress)
- Create something
- Describe your surroundings using your five senses
- Do a puzzle
- Do something kind for someone else
- Focus on a single task
- Go out to eat
- Go to an event
- Hold ice
- Listen to music or a podcast
- Make a list of things (cars, dog breeds, music artists, etc.)
- Take a hot or cold shower
- Try something new
- Volunteer
- Watch something funny
- Watch TV or a movie

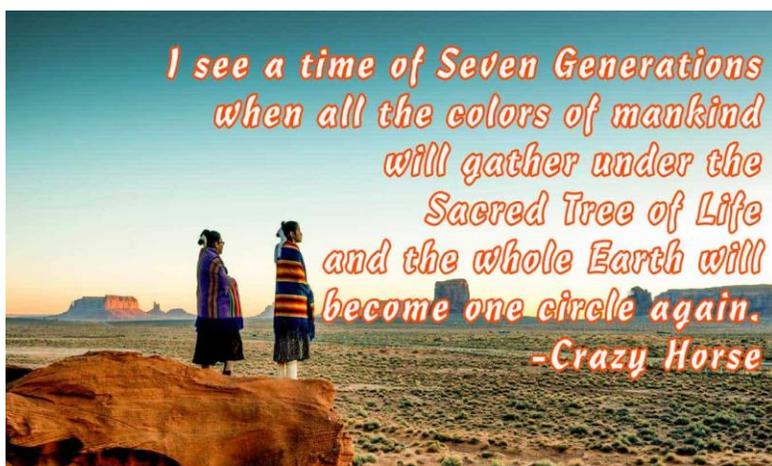
Steps to Self-Care

Restoring balance in our life requires dedication and practice. Incorporating a dose of self-care into our daily habits can have a strong impact on our mental health. Everyday take a moment (or more) to take care of yourself.

- Exercise** (Bicycle icon): Exercising 3 days a week decreases stress, increases energy levels and improves happiness.
- Eat Healthy** (Apple icon): People who eat meals high in vegetables, fruits, whole grains, fish and nuts are 30% less likely to develop depression.
- Sleep** (Bed icon): 40% of adults sleep less than the recommended 7 to 9 hours a night. Sleep plays a major role in our overall health – improving emotional regulation and management of anxiety.
- Time Off** (Vacation icon): 64% of people feel refreshed and excited to get back to work after a vacation.
- Get Outside** (Nature icon): On average, Americans spend 93% of their time indoors – get outside – nature and sunlight improves our mood, restores the spirit, and improves focus and clarity.
- Laugh** (Smiling face icon): Laughter increases the release of "feel-good" endorphins and can lower blood pressure.
- Practice Mindfulness** (Meditation icon): The practice of pausing, breathing, and just "being" is essential to our well-being and mental health, helping us reduce stress, worry less and enhance feelings of resiliency.
- Talk with a Friend** (Two people icon): Close social relationships improve our self-confidence, and help us cope with ups and downs in life.

For mental health resources visit EachMindMatters.org
National Suicide Prevention Lifeline: 1.800.273.8255

EachMindMatters **KNOW THE SIGNS**
Funded by counties through the Mental Health Services Act (Prop 63).





**20 MINUTE SKILLET
SAUSAGE & ZUCCHINI**
gluten free + dairy free + whole 30



Skillet Sausage and Zucchini

If you want a healthy and satisfying meal in a rush! You will love this perfectly seasoned mixture of sausage, onions, zucchini, and peppers. Whole30 compliant, gluten-free and dairy-free.

Prep Time 10 mins

Cook Time 10 mins

Total Time 20 mins

Servings: 4

Calories: 288kcal

Author: Kayla

Ingredients

- 2 medium zucchini cubed
- 4 fully cooked sausages sliced into circles 1/4-inch thick
- 1 onion cut into 3/4 inch pieces (close to same size as zucchini)
- 1/4 tsp garlic powder
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- fresh basil for garnish (optional)
- 1 bell pepper any color, cut into 3/4-inch pieces (close to same size as zucchini)
- 1/4 tsp onion powder
- 1/4 tsp pepper
- 2 1/2 tbsp olive or avocado oil
- 1/2 tsp salt
- 1 tsp garlic minced

Instructions

1. Heat 1 tbsp of olive oil in a skillet over medium-high-heat.
2. When the oil is hot, then add chopped sausage and sauté, flipping sausage often, for a few minutes or till sausage slices have some browning. Remove from pan and put aside.
3. Reduce heat to medium and add remaining 1 1/2 tbsp of oil to skillet together with the zucchini, onion & bell pepper. Then sprinkle with oregano, garlic powder, basil, onion powder, pepper and salt. Stir.
4. Let cook till the onion is translucent, peppers and zucchini are near tender for 5 minutes.
5. Add sausage back into the skillet together with minced garlic. Stir. Cover so everything moves through for a few minutes. Taste and add additional salt if needed.

anti-inflammatory blueberry salmon power salad

Packed with whole food ingredients that have amazing anti-inflammatory properties and healthy fats, this Blueberry Salmon Power Salad makes for a light yet totally satisfying lunch or dinner.

- 2 cups baby spinach
- 2 cups watercress
- 170g smoked salmon, thinly sliced
- 1/2 cup fresh blueberries
- 1/4 cup raw unsalted walnut halves/pieces
- 1/2 small ripe avocado, sliced or diced
- 2–3 tbsp thinly sliced or minced red onion
- 1 tbsp each torn or thinly sliced fresh mint and basil
- to garnish: sprouts – radish, sunflower, pea – whatever you like



Ginger Citrus Vinaigrette (you will have some leftover):

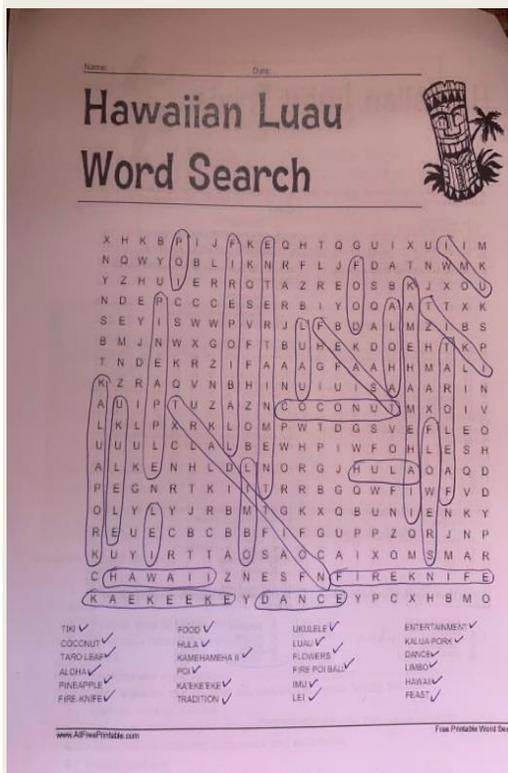
- 1/2 cup extra-virgin olive oil
 - 1/3 cup freshly squeezed orange juice
 - 2 tbsp apple cider vinegar
 - 1 tsp finely grated fresh ginger
 - 2 tsp dijon mustard
 - 2 tsp raw honey
 - sea salt + black pepper, to taste
-

INSTRUCTIONS

- Make the dressing: In a small container or mason jar, shake up all of the ingredients. Add a few pinches of sea salt + black pepper to taste. (Alternatively, if you want it to be super smooth, use a food processor to blend out the ginger bits.) Set aside.
- Wash the greens, trimming if needed. Pat dry with a paper towel and place them in a big bowl with the herbs, blueberries and walnuts. Add some of the dressing and toss well to coat.
- Gently mix in the avocado, then divide the greens between two bowls.
- Arrange the smoked salmon pieces between the bowls, followed by the sprouts to garnish. Serve with additional dressing on the side if needed.

Answers to last newsletter's puzzles:

Luau Trivia: B,C,A,C,B,B,D,B,A,B,B,D



World Suicide Prevention Day is September 10
A time to remember those affected by suicide, to raise awareness, and to focus efforts on directing treatment to those who need it most. "Light a Candle" event invites participants to Light a Candle near a window at 8pm, a symbol of support for suicide prevention, and for many it is a means of remembering a loved one.

Friendship Line has been a vital lifeline for people aged 60 years and older and adults living with disabilities to connect with a caring, compassionate voice ready to listen and provide emotional support. Round-the-clock crisis support services including:

- Providing emotional support
- Elder abuse reporting
- Well-being checks
- Grief support through assistance and reassurance
- Active suicide intervention
- Information and referrals for isolated older adults, and adults living with disabilities

Resilience: Build skills to endure hardship

Resilience means being able to adapt to life's misfortunes and setbacks. Test your resilience level and get tips to build your own resilience.

When something goes wrong, do you tend to bounce back or fall apart? When you have resilience, you harness inner strength that helps you rebound from a setback or challenge, such as a job loss, an illness, a disaster or a loved one's death. If you lack resilience, you might dwell on problems, feel victimized, become overwhelmed or turn to unhealthy coping mechanisms, such as substance abuse.

Resilience won't make your problems go away — but resilience can give you the ability to see past them, find enjoyment in life and better handle stress. If you aren't as resilient as you'd like to be, you can develop skills to become more resilient.

Adapting to adversity: Resilience is the ability to adapt to difficult situations. When stress, adversity or trauma strikes, you still experience anger, grief and pain, but you're able to keep functioning — both physically and psychologically. However, resilience isn't about putting up with something difficult, being stoic or figuring it out on your own. In fact, being able to reach out to others for support is a key part of being resilient.

Resilience and mental health: Resilience can help protect you from various mental health conditions, such as depression and anxiety. Resilience can also help offset factors that increase the risk of mental health conditions, such as being bullied or previous trauma. If you have an existing mental health condition, being resilient can improve your coping ability.

A Very Happy Brain: Tips to improve your resilience

- **Get connected.** Building strong, positive relationships with loved ones and friends can provide you with needed support and acceptance in good and bad times. Establish other important connections by volunteering or joining a faith or spiritual community.
- **Make every day meaningful.** Do something that gives you a sense of accomplishment and purpose every day. Set goals to help you look toward the future with meaning.
- **Learn from experience.** Think of how you've coped with hardships in the past. Consider the skills and strategies that helped you through difficult times. You might even write about past experiences in a journal to help you identify positive and negative behavior patterns — and guide your future behavior.
- **Remain hopeful.** You can't change the past, but you can always look toward the future. Accepting and even anticipating change makes it easier to adapt and view new challenges with less anxiety.
- **Take care of yourself.** Tend to your own needs and feelings. Participate in activities and hobbies you enjoy. Include physical activity in your daily routine. Get plenty of sleep. Eat a healthy diet. Practice stress management and relaxation techniques, such as yoga, meditation, guided imagery, deep breathing or prayer.
- **Be proactive.** Don't ignore your problems. Instead, figure out what needs to be done, make a plan, and take action. Although it can take time to recover from a major setback, traumatic event or loss, know that your situation can improve if you work at it.

When to seek professional advice: Becoming more resilient takes time and practice. If you don't feel you're making progress — or you don't know where to start — consider talking to a mental health professional. With guidance, you can improve your resiliency and mental well-being.





Challenges are what makes life interesting and overcoming them is what makes life meaningful.

- Joshua J. Marine

TheHealthSessions.com

Understanding Resilience: check out these links on YouTube.

https://www.youtube.com/watch?v=iMWql6F_CyA&list=WL&index=2&t=0s The 7 C's of Resiliency

<https://www.youtube.com/watch?v=4EtpEmFDL3Y&list=WL&index=2> Hope & Recovery: Jordan's Story

<https://www.youtube.com/watch?v=W9necB7hjC8&list=WL&index=3> Resilience: Hard Times Motivation

<https://www.youtube.com/watch?v=AiQow9dCZ2Q&list=WL&index=4> Resilience Motivational Video

<https://www.youtube.com/watch?v=LGNyIffqaOU&list=WL&index=5> Brain XP Teen Online Mental Health Community

https://www.youtube.com/watch?v=4z4d48qqh_8 Resilience: Guided Meditation 5 min.

