

AUGUST 2008 EVENTS

AUGUST: MENTAL HEALTH AWARENESS MONTH

Shrouded in stigma and misinformation, it isn't easy to talk about. But according to a landmark study done by the Harvard School of Public Health, when compared with any other health condition, mental illnesses are among the most debilitating, and depression is the No. 1 cause of disability internationally.

This month, the Central State University Wellness Committee would like to bring a little awareness to this issue that affects so many of us, our family members, our friends, and provide some resources for the understanding and strengthening of our Mental Health.



The August Spotlight on Health will focus on Mental Health Awareness.

STRESS MANAGEMENT AND YOUR MENTAL HEALTH

Educational Brown Bag Session

Friday, August 29

12:30 p.m. - 1:30 p.m.

Stokes Center for Aging

Evelyn Harrigan from CSU's Human Resources Department will present general information on Stress Management Techniques and how better Stress Management can help improve your overall health!

VOLUME 1, ISSUE 8

In This Issue:

August 2008 Events	1
Mental Health, Stigma, and You	1
Spotlight on Health: Mental Health Awareness	2
Stress Can Be Toxic To Your Body!	2

AUGUST 1-31

Special points of interest:

- * **HEALTH CHALLENGE WINNERS!!!**
Divisional Winner: Administration & Finance
Grand Prize Drawing Winners (\$75 Speedway Gas Card): Margaret Fitzpatrick, Amber Nickles, John Underwood.
- All Health Challenge participants who submitted their activity logs will be awarded a participation prize.
- * "Stress Management and Your Mental Health", to be held Friday, August 29, at 12:30 p.m.

FROM THE CSU WELLNESS COMMITTEE: MENTAL HEALTH: INFORMATION AND RESOURCES

MentalHealthAmerica.net
Get information about the many facets and faces of mental illness, help for those in crisis, and information on how to get involved with issues related to Mental Health.

MayoClinic.com
Offers a wide range of information on a variety of

Mental Health issues.
Take a moment to read the article "**Overcoming the Stigma of Mental Illness**":
<http://www.mayoclinic.com/health/mental-health/MH00076>

Apa.org
The American Psychological Association provides information on Mental Health

topics, as well as tools to find a licensed psychologist in your area.

Medical Mutual: Balanced Outlook
A special service offered to Medical Mutual members dealing with depression.
Call 1-800-323-0414 to enroll.

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Look for us on the Web...
COMING SOON!



2008 Wellness Calendar

- January
Nutrition
- February
Heart Healthy Month
- March
Kidney Month
- April
Cancer Month
- May
Hypertension Awareness Month
- June
AIDS Awareness Month
- July
Smoking Awareness Month
- August
Mental Health Awareness Month
- September
Cholesterol Awareness Month
- October
Breast and Prostate Cancer Awareness Month
- November
Diabetes Awareness Month
- December
Alcohol Awareness Month

SPOTLIGHT ON HEALTH: MENTAL HEALTH MYTHS AND REALITIES

An estimated 60 million Americans age 18 and older – about 25% of the adult population – suffer from a diagnosable mental disorder in any given year, says the National Institute of Mental Health. Even famous author J.K. Rowling, creator of the Harry Potter series, suffered from depression and contemplated suicide.

Myth: Mental illnesses are only in your mind; they're not real illnesses.

Reality: Mental illnesses are serious medical conditions, just like cancer or diabetes, that can have a dramatic impact on a person's life, family and community and on society as a whole. Studies have shown that, when compared with any other health condition, mental illnesses are among the most debilitating.

Myth: Only crazy people are mentally ill.

Reality: There is nothing crazy or abnormal about people who have a mental illness. It's a very democratic condition; we are all at risk. We all likely have at least one relative, loved one, neighbor or co-worker who is living with a mental illness. Mental illnesses are just that – illnesses.

Myth: Treatment goes on forever and doesn't really help.

Reality: We know mental illnesses are, for the most part, highly treatable, and most people do get better when they're treated appropriately. For example, about 80% of people who seek treatment for depression – one of the most treatable of all mental illnesses – will improve with therapy or medication or a combination of the two.

Myth: Mental health isn't as important to your well-being as physical health is.

Reality: Mental health is an integral part of health. When our mental health is poor because of stress or other challenges in our lives, it can weaken the immune system and affect the entire body. We know that chronic stress can play a role in obesity, diabetes, hypertension and heart disease. People who feel depressed are overly stressed and may be at greater risk of physical illness.

Myth: Changing behavior is easy. All it takes is willpower to overcome mental illness.

Reality: If changing behavior were easy, everyone would find it easy to lose weight and follow healthful habits. Those of us in the mental health field always are looking for ways to help people make behavioral changes so they can live healthy and fulfilling lives. For example, one of the most useful ways to effectively deal with depression is behavioral – exercise, eat a balanced diet, relate to other people and do not get isolated, even when you feel like saying, "What's the use?"

Bottom Line: We cannot separate mental health from health in general. The fact is, good health begins with mental health.

Information obtained from:
www.usaweekend.com/o8_issues/o80616/o80616_mental-illness.html

STRESS CAN BE TOXIC TO YOUR BODY!

In small doses, stress may be good for you when it gives you a burst of energy. But too much stress or stress that lasts for a long time can take its toll on your body.

If you're feeling overwhelmed by stress, you're not alone. In fact, a 2007 survey of Americans found that one-third of people are living with extreme stress. Get connected to how you're feeling and learn about the effects of stress on your whole body.

