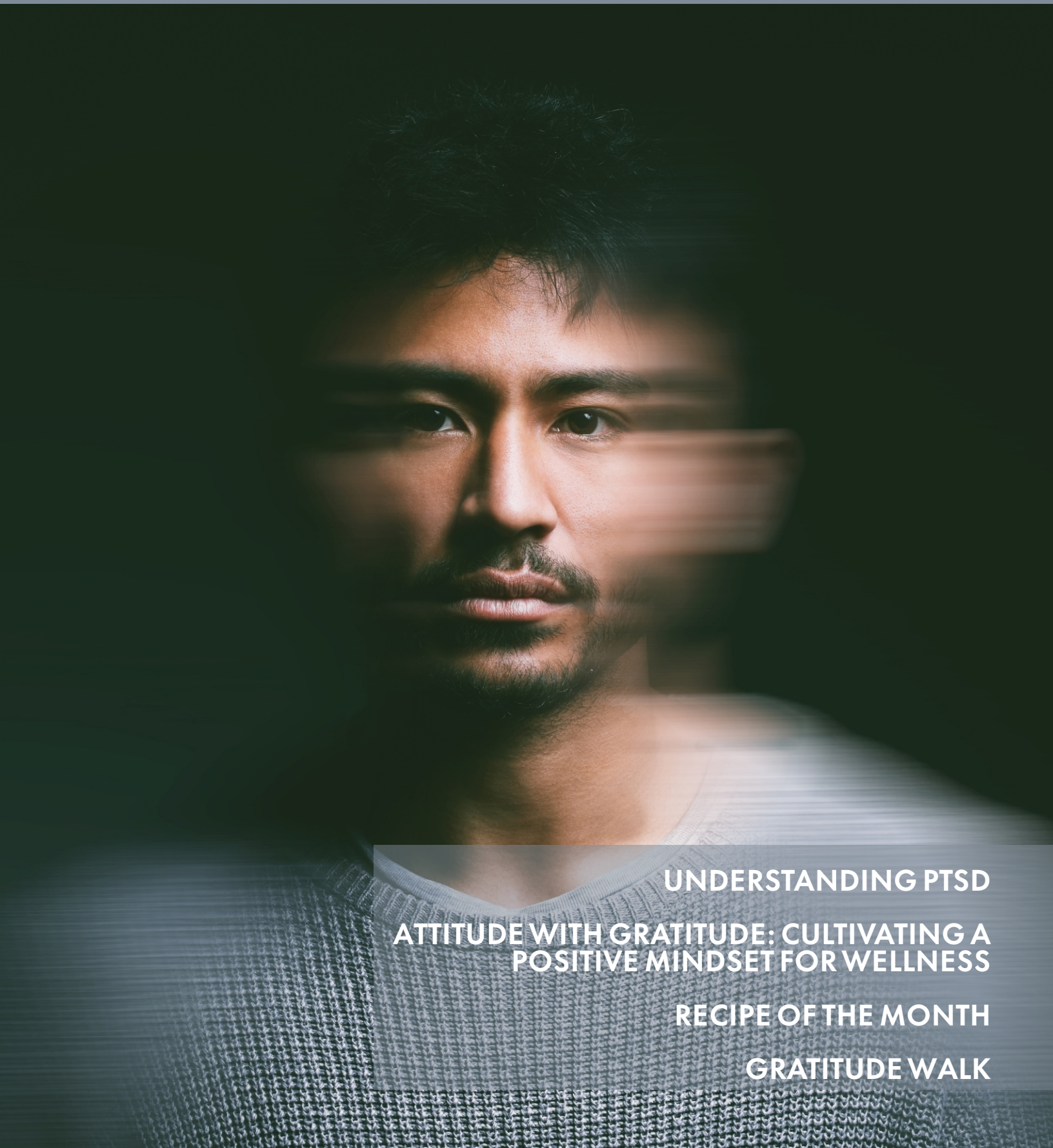


WELLNESS MINUTE

June 2023



UNDERSTANDING PTSD

ATTITUDE WITH GRATITUDE: CULTIVATING A
POSITIVE MINDSET FOR WELLNESS

RECIPE OF THE MONTH

GRATITUDE WALK

UNDERSTANDING PTSD: A GUIDE TO COPING AND HEALING

Post-Traumatic Stress Disorder (PTSD) is a mental health condition that can develop after experiencing or witnessing a traumatic event. It can affect people of all ages, and it's important to understand that it's not a sign of weakness or failure. With proper care, support, and understanding, those living with PTSD can find ways to cope and heal. In this article, we will explore the nature of PTSD, its symptoms, and available treatments, with sources from reputable organizations.

WHAT IS PTSD?

PTSD is a mental health condition that occurs in some people who have experienced or witnessed a traumatic event such as a natural disaster, combat, assault, accident, or other life-threatening events. It's normal to feel upset, scared, or even experience flashbacks or nightmares after a traumatic event. However, for some individuals, these symptoms persist and interfere with their daily life, indicating the possibility of PTSD.

SYMPTOMS OF PTSD

The symptoms of PTSD can vary from person to person, but some common signs and symptoms may include:

- **Intrusive memories:** Flashbacks, nightmares, or recurrent thoughts about the traumatic event.
- **Avoidance:** Avoiding people, places, or activities that remind the person of the traumatic event.
- **Negative changes in mood or thoughts:** Persistent negative thoughts, feeling detached or numb, losing interest in activities once enjoyed, or having a distorted sense of blame.
- **Hyperarousal:** Feeling constantly on edge, being easily startled, having trouble sleeping, or experiencing angry outbursts.

It's important to note that not everyone who experiences a traumatic event will develop PTSD, and the severity and duration of symptoms can vary. If you or someone you know is experiencing these symptoms, it's crucial to seek professional help from a qualified mental health professional.

TREATMENT OPTIONS

The good news is that PTSD is treatable, and there are several evidence-based treatment options available. Here are some common approaches:

- **Therapy:** Psychotherapy, also known as talk therapy, can be an effective treatment for PTSD. Cognitive Behavioral Therapy (CBT) is a commonly used approach that focuses on identifying and changing negative thoughts and behaviors related to the traumatic event. Eye Movement Desensitization and Reprocessing (EMDR) is another therapy that has shown promise in treating PTSD.
- **Medication:** Antidepressant medications, such as selective serotonin reuptake inhibitors (SSRIs), can be prescribed to help manage symptoms of PTSD.
- **Supportive Networks:** Building a supportive network of friends and family can provide emotional support and help individuals with PTSD feel understood and less isolated.
- **Self-care:** Engaging in self-care activities such as exercise, healthy eating, relaxation techniques, and getting enough sleep can also contribute to managing symptoms of PTSD.

CONCLUSION

If you or someone you know is struggling with PTSD, remember that it's a real and treatable condition. Seeking professional help from a qualified mental health professional is an important step towards coping and healing. Remember to be patient with yourself or your loved one, as recovery from PTSD may take time. With the right support, therapy, and self-care, it's possible to manage PTSD symptoms and lead a fulfilling life. You don't have to face it alone, and there is hope for recovery.

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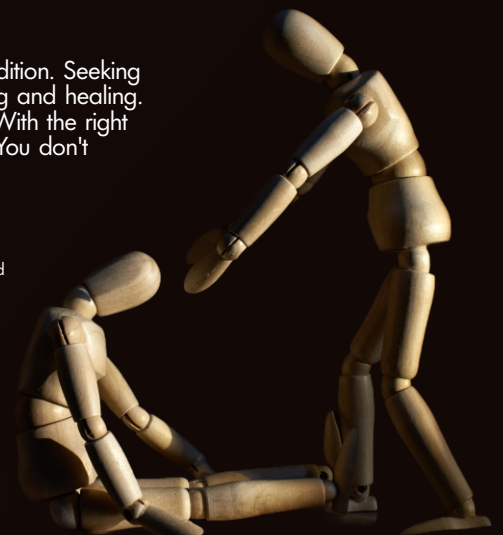
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ATTITUDE WITH GRATITUDE: CULTIVATING A POSITIVE MINDSET FOR WELLNESS

In today's fast-paced world, it's easy to get caught up in the stress and challenges of everyday life. However, one simple yet powerful mindset shift can make a big difference in your overall wellness: gratitude. Cultivating an attitude of gratitude can have numerous benefits for your mental, emotional, and even physical health. In this article, we will explore the concept of gratitude, its impact on well-being, and practical ways to incorporate it into your daily life, with sources from reputable organizations.

UNDERSTANDING GRATITUDE

Gratitude is a positive emotion that involves recognizing and appreciating the good things in your life, big or small. It's about shifting your focus from what's wrong or lacking to what's right and present. Gratitude can be directed towards people, situations, experiences, nature, or even within oneself. It's not about denying or ignoring challenges or difficulties, but rather acknowledging the positives that coexist with them.

THE IMPACT OF GRATITUDE ON WELL-BEING

Numerous studies have shown that practicing gratitude can have a profound impact on well-being:

- **Improved Mental Health:** Gratitude has been linked to lower rates of depression, reduced stress, and increased resilience to adversity. It can also enhance positive emotions, such as joy, contentment, and optimism.
- **Enhanced Relationships:** Expressing gratitude towards others can strengthen relationships, foster empathy, and increase social connections. It can also promote prosocial behavior and improve communication skills.
- **Better Physical Health:** Gratitude has been associated with better sleep, lower blood pressure, and improved immune function. It can also encourage healthier lifestyle choices, such as regular exercise and balanced nutrition.
- **Enhanced Psychological Well-being:** Gratitude can boost self-esteem, increase self-awareness, and promote self-compassion. It can also foster a sense of purpose and meaning in life, which is essential for overall well-being.

PRACTICAL WAYS TO CULTIVATE GRATITUDE

Here are some practical ways to incorporate gratitude into your daily life:

- **Gratitude Journaling:** Take a few minutes each day to write down three things you're grateful for. They can be simple or significant, and they don't have to be related to the current day. Reflecting on the positives in your life can shift your focus toward gratitude.
- **Expressing Gratitude:** Let the people around you know that you appreciate them. Express your gratitude through heartfelt thank-you notes, kind words, or acts of kindness. Spreading gratitude can create a positive ripple effect in your relationships and community.
- **Mindful Gratitude:** Practice mindfulness by being fully present in the moment and savoring the experiences or sensations that bring you joy. Pay attention to the little things in life, such as a beautiful sunset, a delicious meal, or a warm embrace.
- **Gratitude in Adversity:** Train your mind to find silver linings even in challenging situations. Look for lessons learned, personal growth, or unexpected blessings amidst difficulties. Shifting your perspective towards gratitude can help you cope better with life's challenges.

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Strawberry Spinach Salad

with Balsamic Vinaigrette

This Strawberry Spinach Salad with Balsamic Vinaigrette is perfect for June, as strawberries are in season and abundant during this month. It's packed with vitamins, minerals, and antioxidants from the spinach and strawberries, while the feta cheese and walnuts add a delightful contrast of flavors and textures. The homemade balsamic vinaigrette is light and tangy, tying all the ingredients together for a refreshing and nutritious meal. Enjoy this delicious and healthy recipe during the month of June as a perfect way to celebrate the season's fresh produce!

Ingredients:

- For the Salad:
 - 6 cups fresh baby spinach
 - 1 pint strawberries, hulled and halved
 - 1/2 cup crumbled feta cheese
 - 1/4 cup chopped walnuts
- For the Balsamic Vinaigrette:
 - 1/4 cup extra virgin olive oil
 - 2 tablespoons balsamic vinegar
 - 1 tablespoon Dijon mustard
 - 1 clove garlic, minced
 - 1/2 teaspoon honey
 - Salt and black pepper to taste

Directions:

1. Prepare the Salad: In a large salad bowl, combine the baby spinach, halved strawberries, crumbled feta cheese, and chopped walnuts. Toss gently to mix.
2. Make the Balsamic Vinaigrette: In a small bowl, whisk together the extra virgin olive oil, balsamic vinegar, Dijon mustard, minced garlic, honey, salt, and black pepper until well combined.
3. Dress the Salad: Drizzle the balsamic vinaigrette over the salad and toss gently to coat the ingredients with the dressing.
4. Serve and Enjoy: Divide the salad into individual serving plates or bowls, and serve immediately. Enjoy this fresh and healthy salad as a delicious and nutritious meal or a side dish.

Source:

<https://wonkywonderful.com/strawberry-spinach-salad-recipe/>



GRATITUDE WALK

June is a beautiful month with longer days, warmer weather, and nature in full bloom. A gratitude walk is a perfect exercise to connect with nature, practice mindfulness, and cultivate gratitude. Follow these instructions to embark on a gratitude walk:

- **Choose a scenic outdoor location:** Find a park, a nature trail, a beach, or any other outdoor setting that you enjoy and feel connected to. It could be a familiar place or a new location you've been wanting to explore.
- **Leave distractions behind:** Before you start your gratitude walk, turn off your phone or put it on silent mode. Leave behind any distractions like headphones or other devices. This is an opportunity to fully immerse yourself in the present moment and connect with nature.
- **Set an intention:** As you begin your walk, set an intention to practice gratitude. You can silently repeat a mantra or affirmation, such as "I am grateful for the beauty around me" or "I appreciate the blessings of nature."
- **Engage your senses:** As you walk, engage all your senses. Notice the sights, sounds, smells, textures, and even tastes of the environment around you. Pay attention to the details, both big and small.
- **Practice mindfulness:** Be fully present in the moment as you walk. Let go of any distractions or worries, and simply observe and experience the world around you. Take slow, deep breaths and allow yourself to be fully present in the experience.
- **Cultivate gratitude:** As you walk, consciously focus on the things you are grateful for in nature. It could be the colors of the flowers, the sound of birds chirping, the feel of the breeze on your skin, or the smell of fresh grass. Allow yourself to deeply appreciate the beauty and abundance of nature.
- **Reflect on your gratitude:** Towards the end of your walk, find a quiet spot to sit or stand still. Take a few moments to reflect on the gratitude you have cultivated during your walk. You can mentally list or journal about the things you are grateful for in nature, and how they made you feel.
- **Express gratitude:** Before you leave the outdoor setting, express your gratitude by saying a heartfelt thank you to nature or any special elements that touched you during your walk. This can be silently or out loud, whatever feels comfortable to you.
- **Carry the gratitude with you:** As you end your gratitude walk, carry the sense of gratitude with you throughout the day and beyond. Take moments to pause and appreciate the beauty of nature in your everyday life, even after the walk is over.

Remember, gratitude is a practice that can be integrated into your daily life. A gratitude walk in June can be a wonderful way to connect with nature, practice mindfulness, and cultivate a positive mindset. Enjoy your walk and embrace the beauty and abundance of the world around you!



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