



YOUR HEALTH MATTERS

Wayne County Community Health & Wellness News



This newsletter is now 2 years old! Thank you for your readership and for sharing! How are we doing? **Please help us** by completing this short survey: <https://forms.gle/cvuEo7Pvkwxwmh3fu5>



IN THIS ISSUE:

Newsletter Survey

Note from the Nurse's Office

PRINTABLE- Mental Health Resources

The Emotion and Feeling Wheel

Talking to Kids about a Cancer Diagnosis

Nutrition and Stress

Mental Health & Emotional Wellness Issue



This newsletter is all about HEALTH- and that includes our mental health and emotional wellbeing. This issue is intended to provide both preventative health advice as well as information about crisis services.

Want to try something recommended by one of our YHM content creators? Try the 20-minute Meditation video link above.

A Note from the Nurse's Office:

The Mind/Body Connection

Emotional wellness is a key component of overall well-being and happiness. One important aspect of nurturing emotional wellness is by prioritizing self-care and looking after your body. This includes getting enough rest, eating nutritious foods, engaging in regular physical activity, and practicing mindfulness. When you take care of your body, you are also taking care of your mind and emotions. Remember, self-care is not selfish; it is essential for maintaining a healthy balance in your life. By making small, positive changes to your lifestyle, you can enhance your emotional wellness and cultivate a greater sense of inner peace and contentment.

For more information, visit:

<https://states.aarp.org/arizona/improve-your-mental-health-with-these-outdoor-activities>



WAYNE COUNTY
Community Schools



Talk with us.



There is hope



If you or someone you know needs support now, call or text 988 or chat 988lifeline.org




PEP22-08-03-002

CRISIS TEXT LINE |


Text HELLO to 741741
Free, 24/7, Confidential

NATIONAL SUICIDE PREVENTION LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

Reach Out
1-844-863-9314

If you are overwhelmed right now, the NYS COVID-19 Emotional Support Line is staffed by specially trained volunteers who can help.

[LEARN MORE](#)



The Emotional Support Line provides free and confidential support, helping callers experiencing increased anxiety due to the coronavirus emergency. The HelpLine is staffed by volunteers, including mental health professionals, who have received training in crisis counseling.



Wayne Behavioral Health Network Website
Check back soon for Community Trainings!

Every Life Matters
Every Life Matters. Just Call Us.

Services are available in-person, through video telehealth, or by telephone. Services are available for children, adolescents, adults, and families.

For services call 315-946-5722 or contact our open-access center 833-Wayne-co.



STAND BY THEM

Confidential help for Veterans and their families

..... Confidential chat at VeteransCrisisLine.net or text to 838255

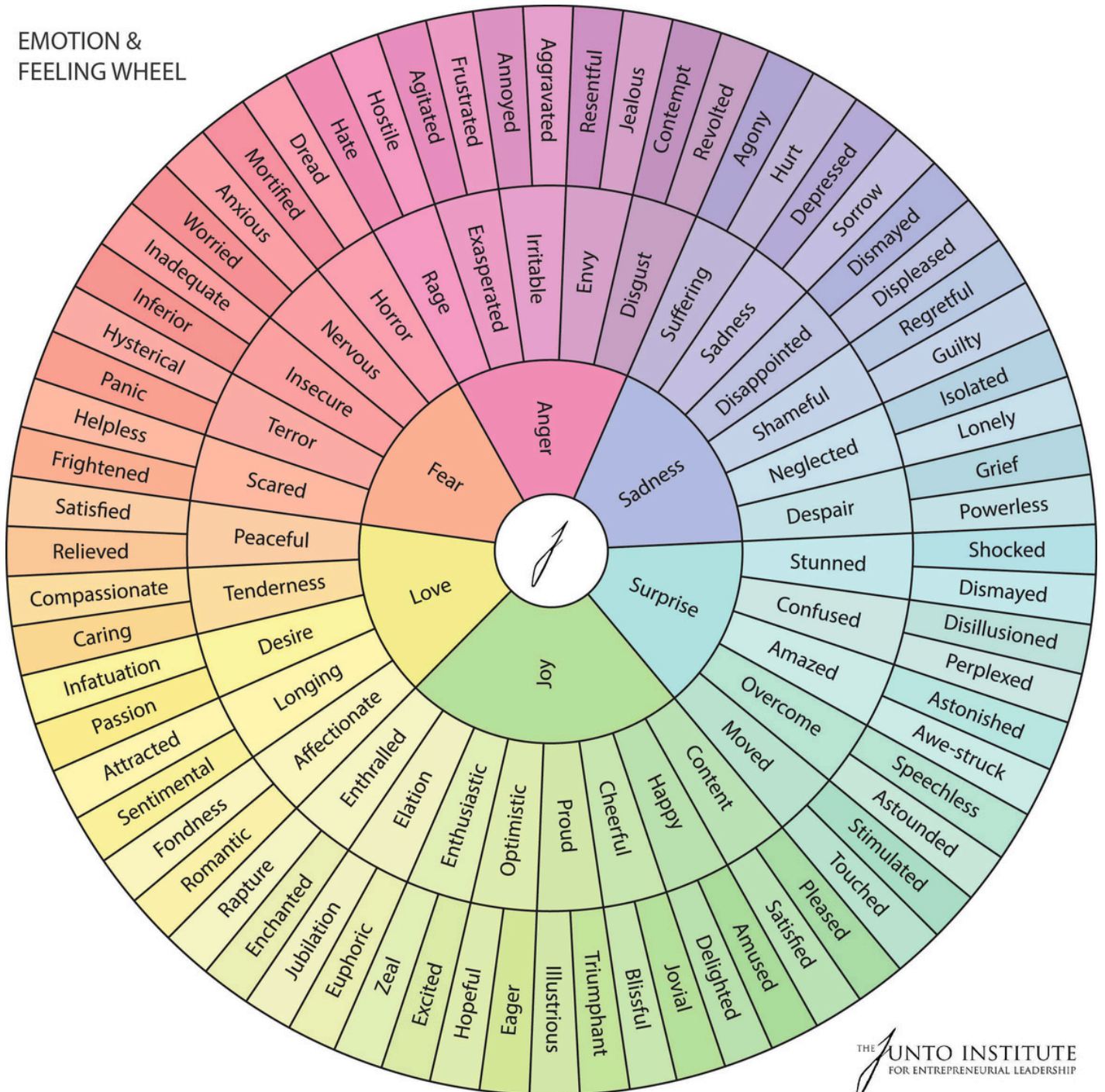


THE TREVOR PROJECT
LGBTQ CRISIS HOTLINE
CALL 1-866-488-7386

The Emotion & Feeling Wheel

The Wheel below is a tool that can help us better understand ourselves and better help others. Sometimes we just feel “angry” for example. But what kind of anger is it? The further out you can refine the emotion (or move from the center spoke of the wheel) the more likely you will be able to find better understanding and potential resolution to your feelings.

EMOTION & FEELING WHEEL



How to talk to your kids about a cancer diagnosis

Adapted from Hadeel Al-Shalchi's 2024 article, "How to talk to kids about a cancer diagnosis in the family."



STEP 1: HAVE THE CONVERSATION EARLY

Children have a right to know, especially in the early days of a diagnosis when there may be a flurry of activity at home – seeking doctors' counsel, going to a lot of appointments, making many phone calls – and children are very likely sensing a change in the environment.



STEP 2: CHOOSE A TIME AND PLACE

A good time to have the conversation may be on a Friday afternoon after school so the kids have the weekend to process the news. Choose a comfortable space such as at home. Avoid spaces where kids may not feel like they can react or respond in a way they want to or need to.



STEP 3: BE CAREFUL WITH YOUR TYPE OF LANGUAGE

Use the actual words of the diagnosis because kids will be bound to hear them. Use the word 'cancer' and be very clear about the kind of treatment you will be receiving. It is important to remind the child that the best information they can receive is from the parents themselves, and not from the Internet.



STEP 4: HOW TO HAVE THE CONVERSATION

Parents could begin by telling their kids that they have some news to share, that it is hard news and it's OK to feel however they feel, but they want them to know what is going on. Possible ways to talk about cancer can be by saying something along the lines of, "**You may have noticed that things are a little weird around here recently. I've been gone a lot, I've been in appointments, and I wanted to tell you why that is.**" Go ahead and tell kids what kind of treatment it will be and whether it's surgery or chemotherapy.



STEP 5: GETTING EMOTIONAL IS OK

Having the talk will get very emotional and there may be tears or fear, but it may benefit a child to see parents have those emotions. When talking with your child about fear, you can say, "*I'm a little scared about this too. It's OK to be scared and we can be scared together a little bit, and it makes me sad to talk about but I know you're going to be fine.*"



STEP 6: IF THE DIAGNOSIS IS TERMINAL CANCER

If a child asks, "Are you going to die from this?," parents can have the impulse to say, "Absolutely not!" But this could breach the trust between a parent and their child. If the diagnosis is terminal, a parent may say, "*That's not what's happening right now. If at any point we need to be worried about that, my doctors will let me know, and we will let you know.*"

Nutrition and Stress

Some people may not see a connection between stress and nutrition, *but it is there!*

Our brains and bodies don't know the difference between a safety threat or a panic attack. The same process in the body is followed. Adrenaline is triggered into the system. Then cortisol (your stress hormone) and then sugar is dropped freely into the blood for the muscles to use for fight or flight. Blood pressure rises, breathing quickens, upset stomach, and muscles tense up. Reproduction and digestion are turned off. With acute or episodic stress, this is a short-term response and once the "threat" seems to have gone away, the hormone levels return back to normal levels. But when you are in a state of chronic stress, and the "threat" never goes away, these hormones stay out into your bloodstream. Prolonged chronic stress causes tension headaches, migraines, mental health issues, heart problems, respiratory problems, panic attacks, skin and hair conditions, fertility problems, digestive problems, immune system disorders, and an increased risk of Type 2 Diabetes.

Chronic stress can also

- Create cravings for comfort food- Simple sugar bumps serotonin and dopamine.
- Affect motivation- You may be less likely to take steps to be healthier
- Affects sleep, which increases cortisol levels and impacts leptin and ghrelin, the hormones that control how hungry you are and how satisfied you are.

The best thing to do is to try coping techniques to switch your nervous system from flight or fight to rest and digest. Deep breathing, yoga, exercise, cold water therapy, mindfulness, therapy, sleep regiment, finding hobbies you enjoy that create some happy hormones in your brain (dopamine and serotonin) etc.



6 nutrients that help combat stress on a cellular level:

1. Magnesium: spinach, avocados, bananas, and dark chocolate. Low levels of magnesium in the body can increase stress, and high levels of physical or mental stress can lower magnesium. Magnesium is an essential nutrient for muscle function and helps muscle tissue relax.
2. Zinc: Beef, pumpkin seeds, oysters, tahini, and cashews. Zinc has been shown to be a potential nutrient in anxiety reduction by acting on γ -aminobutyric acid (GABA), glutamatergic, serotonergic, neurogenesis, and immune systems.
3. Calcium: Broccoli, spinach, green beans, blackberries, and almonds. Calcium helps neutralize the stress hormone cortisol in the same way an antacid can help neutralize stomach acid.
4. Iron: Spinach, swiss chard, parsley and turmeric. Research suggests a connection between low iron levels and symptoms of depression, anxiety, and schizophrenia.
5. Vitamin D: Sunshine, mushrooms, salmon, and dairy products. higher vitamin D intake is also linked to lower levels of perceived stress.
6. Omega 3s: Oils, nuts, fish, flaxseeds, avocado. Stress depletes your Omega-3 levels.