

Mental Health Matters

April 2022



10 Tips for Mental Health Spring Cleaning

Every spring, we give our homes a deep cleaning to get it ready for the coming year. Do you do the same to your mind? Decluttering your brain is just as important as organizing your home. Here are 10 tips for mental health spring cleaning.

10 Tips to

Manage Stress

- 1.Exercise
- 2.Relax Your Muscles
- 3.Deep Breathing
- 4.Eat Well
- 5.Slow Down
- 6.Take a Break
- 7.Make Time for Hobbies
- 8.Talk About Your Problems
- 9.Go Easy On Yourself
- 10.Eliminate Your Triggers

Full article found at <https://www.webmd.com/balance/guide/tips-to-control-stress>

1. Start Journaling

Journaling might be a hobby that has fallen a bit out of vogue, but that doesn't mean it's any less effective. Keep a journal of your thoughts, worries, fears, and upsets. This helps release them from your mind.

2. Drop a Bad Habit

Pick an area in your life that has an impact on your mental health. For many of us, this might be diet or exercise. Make an effort to drop the habit and replace it with a healthier option. Instead of lazy Sundays, for example, maybe switch to lazy Sunday afternoons after a quick jog.

3. Let Go of Past Drama

Drama, and the negative feelings it induces, has a way of sticking with us. Let past drama go, even if it's tempting to hang onto it. Your mind will be a more positive space and will be better able to handle the coming year thanks to your effort, and you'll feel less stress and anxiety as a result.

4. Tackle Projects You've Been Putting Off

We all have a mental list of projects we really need to tackle. Start your "mental health spring cleaning" by writing down all of the things that you've been putting off, like home repairs or going to the skin doctor, and making the necessary appointments to get everything in hand.

5. Build Positive Relationships

We all have people in our lives that we love, but with whom we don't have the healthiest or most enjoyable relationships. Instead of spending time prioritizing those people, consider dedicating your time to positive friendships instead.

6. Begin Healing Past Trauma

Life doesn't leave anyone unscathed, and you might have some experiences in your past that have negatively affected you. If you haven't already, now is the time to start taking steps towards overcoming them. Don't be afraid to reach out to professionals for advice and guidance.

Full article found at <https://powerfulpatients.org/2019/05/22/10-tips-for-mental-health-spring-cleaning/>



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In case of an Emergency:

- **911 For Immediate Support**
- **Ventura County Crisis Team (866) 998-2243 –(24 hours)**

**MENTAL
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#ENDTHESTIGMA

Surprising Mental Health Disorders that Peak During the Spring

It is not uncommon for certain mental health disorders to peak during various parts of the year. Many of us think of seasonal affective disorder, SAD, as a disorder that usually occurs at the end of fall and throughout the winter months due to the weather change and lack of sunlight. It may be surprising to learn that SAD can also present during the spring time. Also, several other mental health disorders are more prominent during the spring season.

Spring and Mental Health

When we think of spring, many of us envision trees blooming and the sweet sound of birds chirping. During the spring, the sun's rays warm our skin while we take in the smell of fresh-cut grass and blossoming flowers. The extra hours of sunlight and the ability to go outside can do wonders for our souls and improve our moods. For many people, though, spring warrants a vulnerable time for their mental health. The change in seasons can cause a decline in their mental health and mood.

What Mental Health Disorders Peak during the Spring?

Researchers have discovered that suicide and certain mood disorders such as mania and seasonal affective disorder seem to peak during the spring months. The underlying causes why people are more vulnerable to these mental illnesses during the spring remain largely unknown.

Mania

Mania is a component of the mood disorder called bipolar disorder. Mania is classified as a change in mood and behavior, lasting at least a week, resulting in significant dysfunction in a person's life. Common characteristics of mania can include:

Fast speech

Decrease need for sleep

An increase in talkativeness

Becoming easily distracted

Suicide

Studies have consistently shown that suicide rates increase during the spring and into the summer months. For example, in 2016, studies have revealed that the daily average of suicides was around 110. However, during April, that number increased to 127 a day. Suicide is an unfortunate public health concern, and it is a leading cause of death across the country.

Seasonal Affective Disorder

SAD is a mental health disorder caused by seasonal changes. Most people think of SAD occurring during the fall and winter months. However, for about 10% of people diagnosed with SAD, SAD occurs during the spring and summer months. Symptoms of SAD are similar to major depressive disorder. However, the symptoms only occur during certain times of the year.

Full article found at <https://www.wellrx.com/news/surprising-mental-health-disorders-that-peak-during-the-spring/>