

# Omicron Omicron Omega Chapter May 2022 Monthly Healths Topics Mental Health, Lupus Awareness and Stroke Awareness

## MENTAL HEALTH FACTS

People with a mental illness say that the social stigma attached to mental health conditions and the discrimination they experience can make their hard times worse and make it harder to recover.

by the American Mental Health Counselors Association

### 1 IN 5 CHILDREN

Approximately 1 in 5 children and adolescents has a diagnosable mental disorder at any one point in time, and 50% of all mental disorders begin by age 14, and 75% by age 24. Nearly half of children with a mental health disorder did not receive needed treatment or counseling from a mental health professional in the past year.

### NEARLY 70%

Nearly 70% of youth in contact with the juvenile justice system have a diagnosable mental health disorder.

### 44.7 MILLION ADULTS

An estimated 44.7 million adults in the United States experience mental illness. Millions of children, adolescents, and adults in the United States with a diagnosis of serious mental illness do not receive treatment.

### 10.4 MILLION ADULTS

An estimated 10.4 million adults in the United States experience serious mental health conditions such as schizophrenia, bipolar disorder, and major depression.

### HIGH SUICIDE IN OLDER ADULTS

Older adults have one of the highest suicide rates in the nation. White males 85+ complete suicide at 4 times the rate of the general population. Older adults with mental health disorders, particularly depression and anxiety, are major contributors to—and are exacerbated by—social isolation, which results in diminished quality of life, further barriers to intervention and premature institutionalization.

### SHORTAGE OF TRAINED MENTAL HEALTH PROFESSIONALS

There is a national shortage of trained mental health professionals and the California Future Health Workforce Commission has stated that without dramatic policy changes, "California will have 41% fewer psychiatrists and 11% fewer psychologists, marriage and family therapists, clinical counselors, and social workers than it will need by 2030."

### 40% OF ALL TRANS-PEOPLE

Up to 40% of all trans-people have made a suicide attempt, many before the age of 25. Lesbian, gay, bisexual, and transgender youth are more than four times more likely to attempt suicide than their peers.

### \$193 BILLION LOST

Untreated mental illness is a leading cause of absenteeism and presenteeism resulting in lost earnings and productivity in the workplace and costs the United States economy over \$193 billion per year in lost earnings.

### 1.4 MILLION SUICIDE ATTEMPTS

Annually 1.4 million Americans attempt suicide; and 129 Americans die by suicide each day.

Research on this article is done by Joel E. Miller, Executive Director and CEO of the American Mental Health Counselors Association

# OWNING YOUR FEELINGS

TOOLS  
2  
THRIVE

It can be easy to get caught up in your emotions as you're feeling them. Most people don't think about what emotions they are dealing with, but taking the time to really identify what you're feeling can help you to better cope with challenging situations.

## TIPS FOR SUCCESS



**Allow yourself to feel.** Sometimes there are societal pressures that encourage people to shut down their emotions, often expressed through statements like, "Big girls don't cry," or "Man up." These outdated ideas are harmful, not helpful. Everyone has emotions—they are part of the human experience—and you have every right to feel them, regardless of gender, sexual orientation, ethnicity, socio-economic status, race, political affiliation or religion.



**Don't ignore how you're feeling.** Most of us have heard the term "bottling up your feelings" before. When we try to push feelings aside without addressing them, they build strength and make us more likely to "explode" at some point in the future. It may not always be appropriate to process your emotions at the very moment you are feeling them, but try to do so as soon as you can.



**Talk it out.** Find someone you trust that you can talk to about how you're feeling. You may find that people are eager to share about similar experiences they've had or times that they have felt the way that you are feeling. This can be helpful, but if you're really only interested in having someone listen, it's okay to tell them that.



**Build your emotional vocabulary.** When asked about our feelings, most people will usually use words like bad, sad, mad, good, or fine. But at the root of "good, bad, sad, mad, or fine" are many words that better describe how we feel. Try building your emotional vocabulary by writing down as many "feeling" words as you can think of and think of a time that you felt that way.



**Try journaling.** Each night write down at least 3 feelings you had over the course of the day and what caused them. It doesn't need to be a "Dear Diary" kind of thing. Just a few sentences or bullet points to help you practice being comfortable with identifying and expressing your emotions.



**Consider the strength of your feelings.** By thinking about how intense your emotions are, you may realize that what you thought you were feeling at first could better be described by another word. For instance, sometimes a person might say they are stressed when what they are really experiencing is something less severe like annoyance, alternatively anger might really be a stronger, deeper feeling like betrayal.



**See a mental health professional.** If you are taking steps to be more in touch with your feelings, but are having trouble dealing with them, mental health providers like counselors and therapists have been trained to help. Some free or low cost options are also available. Your employer might have an Employee Assistance Program (EAP) that offers a limited number of free counseling sessions, and your Human Resources department can help you access this resource. If you don't have an EAP through work, the leaders of religious organizations like churches, synagogues and mosques often have experience with counseling.

### Sources

<sup>1</sup><https://learnersdictionary.com/3000-words/topic/emotions-vocabulary-english>  
<sup>2</sup>Kashdan, T. B., Barrett, L. F., McKnight, P. E. (2015). Unpacking Emotion Differentiation: Transforming Unpleasant Experience by Perceiving Distinctions in Negativity. *Current Directions in Psychological Science*, 24(1), 10–16. <https://doi.org/10.1177/0963721414550708>  
<sup>3</sup>Bruckett, M. A., Rivers, S. E., Reyes, M. R., & Salovey, P. (2012). Enhancing academic performance and social and emotional competence with the RULER feeling words curriculum. *Learning and Individual Differences*, 22, 218–224.

## FAST FACTS



The English language has over 3,000 words for emotions.<sup>1</sup>



People who are good at being specific about identifying and labeling their emotions are less likely to binge drink, be physically aggressive, or self-injure when distressed.<sup>2</sup>



When school-aged kids are taught about emotions for 20-30 minutes per week their social behavior and school performance improves.<sup>3</sup>

**IF YOU FEEL LIKE YOU ARE STRUGGLING WITH YOUR MENTAL HEALTH, VISIT [MHASCREENING.ORG](https://mhascreening.org) TO CHECK YOUR SYMPTOMS.**



It's free, confidential, and anonymous. Once you have your results, MHA will give you information and resources to help you start to feel better.

**MHA**  
Mental Health America



# Lupus

THE PROTOTYPICAL AUTOIMMUNE DISEASE

## Fact Sheet

### What is lupus?

Systemic lupus erythematosus (SLE), commonly referred to as lupus, is a debilitating autoimmune disease that affects each person differently and can change over time. This complexity makes it one of the hardest diseases to diagnose and treat.<sup>1</sup>

### What goes wrong with the immune system?

In lupus, the immune system mistakenly attacks the body's own tissues and vital organs.

### What are the signs and symptoms?

The most common symptoms include extreme fatigue, severe joint and muscle pain, fevers and skin rashes. These symptoms can come and go.<sup>2</sup>



Fatigue



Joint Pain & Swelling



Unexplained Fever



Malar (Butterfly) Rash

### How common is lupus?

According to the U.S. Centers for Disease Control and Prevention, a conservative estimate suggests 322,000 Americans have definite or probable SLE.<sup>3</sup> 90% of people diagnosed with lupus are women, typically during childbearing years, ages 15-44. Lupus is two to three times more common and its symptoms tend to be more severe among Blacks/African Americans, Hispanics/Latinos, Native Americans and Asians than Caucasians.<sup>4</sup>



### How is lupus diagnosed?

There is no single laboratory test that can definitively identify lupus. Yet, early detection and treatment can often lessen the progression and severity of the disease.<sup>5</sup>

### What are the complications of lupus?

Complications can be severe, leading to organ damage and even death.<sup>6</sup> Among young Black and Hispanic women ages 15-34, lupus is the 5th and 6th leading cause of death just behind cancer, heart disease and HIV.<sup>7</sup> Lupus nephritis (kidney inflammation) is among the most common and serious complications.<sup>4b</sup>

## UNDERSTANDING STROKE



### What is a **STROKE**?

■ A stroke occurs when a **blood vessel in the brain is blocked or burst.**

■ **Without oxygen** carried by the blood, the brain begins to die.

A stroke occurs **every 40 seconds** in the U.S.

### Watch for the **SIGNS**

Stroke symptoms appear quickly and suddenly, so it's important to know the signs and act fast.

■ Severe headache & confusion

■ Numbness, tingling or weakness

■ Loss of balance

■ Vision changes

■ Trouble speaking

■ Loss of movement in face or limbs, especially on one side

### Reduce **YOUR RISK**



Adopt a healthy lifestyle, including **proper diet and exercise.**



Lower your **blood pressure & cholesterol.**

If you smoke, set a plan to **quit** and follow it!



Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

■ For more information, visit **CardioSmart.org/Stroke**



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