



CITY OF SALISBURY

Wellness Committee

Newsletter

#breakthestigma



MENTAL HEALTH AWARENESS MONTH

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MAY IS MENTAL HEALTH MONTH

by Amanda Danner

1 in 5 adults in the United States experience some type of mental illness (about 19% of the population). However, less than half of those suffering from a mental illness received treatment. There are many reasons for lack of treatment, such as: lack of adequate health insurance, fear of judgement, and the overall stigma surrounding mental health. Starting a conversation about mental health can help decrease the stigma around it. Education and understanding are key, that is why May is Mental Health Awareness month.

If you think you or a loved one may be suffering from a mental illness, here are some things you can do to help:

- ☆ talk with a health care professional
- ☆ respect boundaries
- ☆ educate yourself on warning signs
- ☆ connect with friends and family
- ☆ join a support group

Above all, be caring and supportive. Healing is not linear.

THE "RIPPLE EFFECT" OF MENTAL ILLNESS



People with depression have a 40% higher risk of developing cardiovascular and metabolic diseases than the general population.



19.3% of U.S. adults with mental illness also experienced a substance use disorder in 2018 (9.2 million individuals).



The rate of unemployment is higher among U.S. adults who have mental illness (5.8%) compared to those who do not (3.6%).



High school students with significant symptoms of depression are more than twice as likely to drop out compared to their peers.



At least 8.4 million Americans provide care to an adult with an emotional or mental illness. These caregivers spend up to 32 hours a week providing unpaid care.



Depression and anxiety disorders cost the global economy \$1 trillion each year in lost productivity.

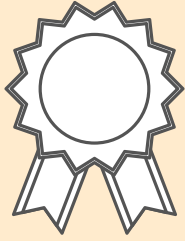
As you can see, there are many different ways in which mental illness can ripple out. Reducing these statistics begins with starting a conversation about mental illness and working towards a better understanding. For more information and statistics about the ripple effects of mental illness, you can [visit the website for the National Alliance of Mental Illness.](#)

COMMON HOTLINE PHONE NUMBERS

HEALTH & DIVERSITY CORNER

While anyone can experience problems related to mental health, minorities are often overlooked when it comes to getting help. A recent study by the National Substance Abuse and Mental Health Services Administration found Non-Hispanic Asians as the least likely to seek treatment. Out of all who were diagnosed, only 24.9% diagnosed with any type of mental illness were treated.

**Have
suggestions for
the Wellness
Committee?
Click [HERE](#) to
email us!**



MAY CHALLENGE

EVERY DAY TRY SOMETHING FROM THIS
MENTAL WELLNESS CHALLENGE!

DAY 1

Do a deep breathing exercise.

DAY 2

Catch up with a friend.

DAY 3

Schedule something fun.

DAY 4

Donate something you never use.

DAY 5

Do 30 minutes of yoga.

DAY 6

Plan a healthy meal.

DAY 7

Ask for help.

DAY 8

Listen to your favorite music.

DAY 9

Take 10 minutes to read.

DAY 10

Go for a walk.

DAY 11

Budget 20 minutes of spa time.

DAY 12

Practice a favorite hobby.

DAY 13

Get distracted by a movie.

DAY 14

Go to bed 30 minutes earlier.

DAY 15

Drink just water today.

DAY 16

Schedule a game night.

DAY 17

Set a mini goal.

DAY 18

Cross an item off your to-do list.

DAY 19

Compliment someone.

DAY 20

Plan a night in with friends.

DAY 21

Try a 5-minute meditation.

DAY 22

FaceTime with family.

DAY 23

Do something outside.

DAY 24

Book a date night.

DAY 25

Unfollow negative social media accounts.

DAY 26

Say no to something.

DAY 27

Have a phone-free night.

DAY 28

Watch a silly video.

DAY 29

Write down something good that happened.

DAY 30

Adopt a new habit.

EMPLOYEE SPOTLIGHT: ROGER GARNER



Q: Before working for the city of Salisbury, what was the most unusual or interesting job you've ever had?

A: I worked at a Nursery for a while.

Q: What skill would you like to master?

A: Cooking

Q: What is your biggest fear?

A: Snakes

Q: Have you ever won a trophy or medal?

A: Yes, I won a trophy for softball

Q: Who would play you in a film?

A: George Clooney

Q: If money was no object, what would you do all day?

A: Lay back on the beach

Q: Who would you want with you if you were stranded on a deserted island?

A: My wife

Q: Not counting your current job, what would be your dream job?

A: Working at a Nursery

Q: Given your choice of turning any activity into an Olympic sport, what would you have a chance to medal at?

A: Softball

Q: What TV show could you never live without?

A: Scooby Doo

Q: What landmark would you visit if given the chance?

A: Alaska

Q: If you had to eat one meal every day for the rest of your life, what would it be?

A: Probably cheeseburgers

Q: If there were an unexpected snow day, how would you spend it?

A: Sitting home watching TV and spending time with my wife

Q: What was your favorite Saturday morning cartoon as a kid?

A: Road Runner

Q: If you could live anywhere, where would it be and why?

A: New Orleans- I like scenery

Q: What is something people would be surprised to know about you?

A: I was born in Tennessee

Q: What is your motto or personal mantra?

A: Honesty is important

Q: The top three highlights of your life are:

A: My wife, my kids, my eight grandkids

Q: Do you have any pet peeves?

A: No

Q: Describe your personal style in one word

A: Suave



RECIPE OF THE MONTH:

Ingredients:

2 teaspoons canola oil
1/2 small red onion, diced (1 cup)
1 red bell pepper, seeded and diced
1 cup drained, rinsed canned black beans, preferably low-sodium
1/4 teaspoon chili flakes
Salt and freshly ground black pepper
4 eggs and 4 egg whites
1/3 cup (about 1 1/2 ounce) shredded pepper Jack cheese
Nonstick cooking spray
4 (10 inch) whole wheat tortillas (burrito size)
1/4 cup reduced fat-free sour cream
1/4 cup salsa 1 large tomato, (4 ounces) seeded and diced
1 small avocado (4 ounces), cubed
Hot sauce

Breakfast Burritos



Directions:

- 1** Heat the canola oil in a large nonstick skillet over a medium-high heat. Cook the onions and peppers until onions are softened and peppers are slightly charred, about 8 minutes.
- 2** Add black beans and red pepper flakes and cook until warmed through, another 3 minutes. Season with salt and pepper and transfer to a dish.
- 3** Whisk together the eggs and egg whites then stir in the cheese. Spray the skillet with cooking spray, and reheat the skillet over a medium heat. Reduce heat to low and add eggs, scrambling until cooked through, about 3 minutes.
- 4** Spread each tortilla with 1 tablespoon each sour cream and salsa, then layer with 1/4 of the black bean mixture, 1/4 of the scrambled eggs, some diced tomato and 1/4 of the avocado.
- 5** Season, to taste, with hot sauce. Roll up burrito-style and serve.

SNACK CORNER



Pirate's Booty Snack Puffs

This delicious cheesy snack is baked and made of puffed rice and corn. Pirate's Booty are Gluten free with no artificial colors, flavors, or ingredients. This is a great tasting snack the whole family can enjoy!



podcast corner

Podcasts are a great way to learn something new and listening to them can easily fit into your daily routine! Also they're FREE! Try starting your morning off with a podcast you enjoy, it makes waking up much easier, and you can even listen on the way to work, while running errands, or on lunch break!



Podcast: The Hardcore Self Help Podcast Episode: A Guided Relaxation for Coronavirus

Listening Time: 29 Minutes

A few thoughts about how to best get through this time and then guide you through some visualization and breathing to help you let go and get some much needed rest.

[CLICK HERE TO LISTEN TO THIS WEEK'S PODCAST](#)



UPCOMING EVENTS

The **Wellness Committee Task Force** is working to plan virtual events related to wellness. "Like" the **City of Salisbury's Wellness Committee** page on Facebook for more information to follow!



Each day at 5pm head over to the **City of Salisbury** on Facebook for a live update on COVID-19 from **Mayor Day!**



Questions or suggestions for the newsletter?
Email us at:
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