

# City Of Mission's



## *Live Well, Work Well*

**May 2018** Welcome to this month's edition of *Live Well, Work Well*. In this issue, we will be focusing on the importance of Mental Illness.

### What Is Mental Illness?

*Mental illness is nothing to be ashamed of. It is a medical problem, just like heart disease or diabetes.*

Mental illnesses are health conditions involving changes in thinking, emotion or behavior (or a combination of these). Mental illnesses are associated with distress and/or problems functioning in social, work or family activities.

Mental illness is common. In a given year:

- Nearly one in five (19 percent) U.S. adults experience some form of mental illness
- One in 24 (4.1 percent) has a serious mental illness
- One in 12 (8.5 percent) has a substance use disorder

Mental illness is treatable. The vast majority of individuals with mental illness continue to function in their daily lives.

#### **About Mental Health**

Mental health involves effective functioning in daily activities resulting in

- Productive activities (work, school, caregiving)
- Healthy relationships
- Ability to adapt to change and cope with adversity

Mental Illness refers collectively to all diagnosable mental disorders-health conditions involving

- Significant changes in thinking, emotion and/or behavior
- Distress and/or problems function in social, work or family activities.

Mental health is the foundation for thinking, communication, learning, resilience and self-esteem. Mental health is also key to relationships, personal, and emotional well-being and contributing to community or society.

Many people who have a mental illness do not want to talk about it. But mental illness is nothing to be ashamed of! It is a medical condition, just like heart disease or diabetes. And mental health conditions are treatable. We are continually expanding our understanding of how the human brain works, and treatments are available to help people successfully manage mental health conditions.

Mental illness does not discriminate; it can affect anyone regardless of your age, gender, income, social status, race/ethnicity, religion/spirituality, sexual orientation, background or other aspect of cultural identity. While mental illness can occur at any age, three-fourths of all mental illness begins by age 24.

Mental illnesses take many forms. Some are fairly mild and only interfere in limited ways with daily life, such as certain phobias (abnormal fears). Other mental health conditions are so severe that a person may need care in a hospital.

*Source: National Institute of Mental Health (NIMH) and Substance Abuse and Mental Health Service Administration (SAMSHA).*

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**Next Month's Issue:**

**Safe Grilling**

# Your Emotional Health: Keep It Top Of Mind

When you are emotionally healthy, you're in control of your thoughts, feelings and the way you act. But even emotional healthy people can sometimes have problems.

About 1 in 5 families in the U.S. have dealt with a mental illness, including one fifth of school-age children. While it's normal to feel worried, sad, unhappy, or stressed at times, see your doctor or other health care professional if you see any of these warning signs:

- Personality changes
- Inability to cope with daily life
- Worrying too much
- Sadness that doesn't go away
- Great highs and lows

When you are aware of your mental health, you can live life to the fullest.



Sources: Blue Cross Blue Shield.

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## Types of Mental Illness

Mental illnesses are of different types and degrees of severity. Some of the major types are depression, anxiety, schizophrenia, bipolar mood disorder, personality disorders, trauma and eating disorders.

The most common mental illnesses are anxiety and depressive disorder. While everyone experiences strong feelings of tension, anxiety, or sadness at times, a mental illness is present when these feelings become so disturbing and overwhelming that people have great difficulty coping with day-to-day activities, such as work, enjoying leisure time and maintaining relationships.

At their most extreme, people with a depressive disorder may not be able to get out of bed or care for themselves physically. People with certain types of anxiety disorder may not be able to leave the house, or may have compulsive rituals to help them alleviate their fears.

Less common are mental illnesses that may involve psychosis. These include schizophrenia and bipolar mood disorder. People experiencing an acute episode of psychosis lose touch with reality and perceive their world differently from what is considered normal. Their ability to make sense of thoughts, feelings, and the world around them is seriously affected.

A psychotic episode may involve delusions, such as false belief of persecution, guilt, or grandeur. It may involve hallucinations, where the person sees, hears, smells, or tastes things that are not there.

Psychotic episodes can be threatening and confusing to the people. Such behavior is difficult to understand for people who are not familiar with it.

Source: *What is mental illness? Mental Health and Workforce Division of the Australian Government Department of Health and Ageing (2007)*

# Solving The Puzzle

Years ago, mental illness was a great puzzle. Today researchers know so much more about cause and treatments. Research shows that many mental illnesses are the result of brain chemistry. They may also be the results of traits you are born with or the things you live through.

Mental health issues can result in mild to serious problems with moods, thinking or actions. Mental illness is a leading cause of disability. Each year, more than 44 million people in the U.S. suffer from one or more mental disorders. Some of the more widely found mental disorders involve:

- Mood problems
- Anxiety
- Substance abuse
- \* Problems remembering
- \* Learning problems
- \* Personality problems

Seek help if you or a loved one has a problem that won't go away. It is possible to solve the puzzle of mental illness and lead a fulfilling life.

Source: Blue Cross Blue Shield

## Puzzle



### Find-A-Feeling

WORD SEARCH PUZZLE

S	E	C	H	S	S	D	S	D	L	A	O	W	I	C
F	T	S	O	T	D	D	U	W	H	N	E	S	T	O
E	I	I	E	N	T	H	O	P	E	F	U	I	A	D
U	O	E	D	T	F	R	U	S	T	R	A	T	E	D
L	I	L	O	C	R	I	C	I	T	A	T	S	C	E
T	O	S	S	I	E	O	D	L	O	A	U	U	D	S
H	L	N	E	X	C	I	T	E	D	F	I	O	O	I
A	I	D	E	K	C	O	H	S	N	A	R	L	K	R
P	F	E	N	L	R	S	U	O	I	T	U	A	C	P
P	T	R	R	H	Y	D	C	F	P	D	F	E	U	R
Y	S	O	A	R	S	U	O	V	R	E	N	J	H	U
E	T	B	G	I	H	O	P	E	F	U	L	R	O	S
N	C	N	E	R	D	R	T	R	O	A	F	E	D	A
W	A	P	D	R	E	P	I	P	T	E	T	E	S	A
L	S	U	I	O	T	T	L	T	R	H	O	Y	G	S

- |           |            |           |
|-----------|------------|-----------|
| SURPRISED | ENRAGED    | PROUD     |
| NERVOUS   | HAPPY      | PROUD     |
| AFRAID    | ANGRY      | CONFIDENT |
| CAUTIOUS  | FRUSTRATED | LONELY    |

## Let's Get Moving!

### Move Of the Month:

#### 30 DAY BEGINNERS PUSH UP CHALLENGE

<b>1</b> 3 push ups	<b>2</b> 4 push ups	<b>3</b> 5 push ups	<b>4</b> REST DAY	<b>5</b> 5 push ups
<b>6</b> 6 push ups	<b>7</b> 7 push ups	<b>8</b> REST DAY	<b>9</b> 7 push ups	<b>10</b> 8 push ups
<b>11</b> 9 push ups	<b>12</b> REST DAY	<b>13</b> 9 push ups	<b>14</b> 11 push ups	<b>15</b> 12 push ups
<b>16</b> REST DAY	<b>17</b> 12 push ups	<b>18</b> 14 push ups	<b>19</b> 15 push ups	<b>20</b> REST DAY
<b>21</b> 15 push ups	<b>22</b> 16 push ups	<b>23</b> 17 push ups	<b>24</b> REST DAY	<b>25</b> 17 push ups
<b>26</b> 18 push ups	<b>27</b> 19 push ups	<b>28</b> REST DAY	<b>29</b> 19 push ups	<b>30</b> 20 push ups

www.30dayfitnesschallenges.com

# What Can You Do To Help

Although the general perception of mental illness has improved over the past decades, studies show that stigma against mental illness is still powerful, largely due to media stereotypes and lack of education, and that people tend to attach negative stigmas to mental health conditions at a far higher rate than to other disease and disabilities, such as cancer, diabetes or heart disease.

Stigma affects not only the number seeking treatment, but also the number of resources available for proper treatment. Stigma and misinformation can feel like overwhelming obstacles for someone who is struggling with a mental health condition. Here are a few powerful things you can do to help.

\*Showing individuals respect and acceptance removes a significant barrier to successfully coping with their illness. Having people see you as an individual and not as your illness can make the biggest difference for someone who is struggling with their mental health.

\*Advocating within our circles of influence help ensure the individuals have the same rights and opportunities as other members of your church, school and community.

\*Learning more about mental health allows us to provide helpful support to those affected in our families and communities.

*Source: Jean Holthaus, LISW, MSW, a Licensed Independent Social Worker*



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## Know the risks of mental disorders in children

**Emotional problems don't just happen to adults. About 9 million U.S. children have serious mental disorders at any given time. But only 1 in 5 of these children is getting the right care. Unfortunately, some myths about mental illnesses can keep families from seeking help for their children.**

### Younger Children

**As a parent, it means a lot to know if your child is just going through a stage or need professional help. Those signs in younger children may indicate a need for help.**

- Frequent temper tantrums
- Bad grades in school, even when trying
- Serious worry, along with not wanting to go to school, go to sleep or join in everyday play
- Being agitated or fidgeting
- Nightmares that don't go away
- Disobeying, being violent or challenging (longer than six months)

*Source: BlueCross Blue Shield*

### For Preteens and Teens

**For preteens and teens watch for:**

- Marked changes in school grades
- A change in sleeping eating habits
- Frequent complaints about not feeling well
- Problems facing daily life
- Sexual acting out
- Nightmares that don't go away
- Substance abuse
- Great fears about weight
- A sad, gloomy mood that doesn't go away
- Harming themselves or others
- Explosive anger
- Strange thoughts or actions
- Threats to run away

# Healthy Recipe

## Cauliflower "Osso Bucco"

Cauliflower steaks are a great culinary alternative to various animal-based proteins. If you follow a plant-based diet, think about using them in place of beef, veal or other animal proteins. Foods that are rich in vitamin, like cauliflower, can help with iron absorption. As a cruciferous vegetable that contains phytochemicals, cauliflower may also have cancer-fighting properties.

**Makes 3 Serving**

**Per Serving:** 210 calories, 6 g total fat (1 g saturated fat), 37 g carbohydrate, 9 g protein, and 200 mg sodium.



### Ingredients:

- 1 lb. fresh cauliflower head
- ¼ cup white whole-wheat flour
- 1 Tbsp. olive oil
- 2 cloves garlic, minced
- 2 carrots, chopped
- 2 tsp. lemon zest
- 1 cup no salt added tomato paste
- 1 ½ cups low sodium vegetable-broth (may need more)
- Salt and black pepper, to taste

### Directions:

1. Preheat oven to 350 degrees F.
2. Wash and slice cauliflower into "steaks"
3. Dredge cauliflower in flour (you may need to dip it in water briefly first to get the flour to stick).
4. Place olive oil in large skillet and briefly brown the cauliflower steaks on medium high heat until a rich golden color. Turn at least once during cooking to prevent burning and ensure steaks have a slight golden crust on both sides.
5. Push cauliflower to the side of the pan (or remove to a plate if pan is too crowded) and add the garlic, carrots and lemon zest. Sauté for 3-5 minutes, stirring occasionally.
6. Add the tomato paste and broth and stir until blended. (If you removed the cauliflower from the pan in step 3, add it back to the pan at this time.
7. Cover the pan and place in the 350 degree F oven to bake for approximately 45 minutes until cauliflower is soft and the sauce is blended.
8. Check on it periodically to ensure there is enough liquid in the pan (you are braising the cauliflower, so the liquid should partially cover it while it cooks).
9. Adjust seasonings, if needed
10. To serve, garnish with gremolata.
11. To make gremolata; using a small bowl, combine 4 cloves of finely minced garlic, ½ cup washed and finely chopped fresh parsley, and 1 Tbsp, lemon zest. Cover and refrigerate until ready to use.

## Upcoming Events:

**Health and Wellness Seminar:  
Mental Illness  
Thursday, May 17, 2018  
2:30 p.m. – 3:30 p.m.  
Council Chambers**