Mental Health

>>> MYTHS & FACTS <<<

Myth: People with mental health problems are unpredictable and may be violent
Fact: People with mental illness are generally no more likely to be violent than anyone else.

Myth: Mental health problems are caused by weak personalities or character flaws. People with mental health issues can snap out of it.
Fact: Mental health problems are not caused by being weak or lazy. Many people need help to get better. Many people need help to get better. Mental health needs to be treated like any other illness and often requires medication and treatment.

EXERCISE CAN IMPROVE YOUR MENTAL HEALTH!

helps relieve stress

reduces anxiety, depression, & negative moods

improves: self-esteem, brain function, & sleep

Source: Mentalhealth.gov
Learn the warning signs of mental illness

- Frequent sadness, changes in mood or behavior
- Wanting to hurt oneself or others
- Fighting with family & friends
- Hopelessness
- Drug & alcohol abuse
- Hearing voices
- Sharing thoughts of suicide
- Changes in eating and sleeping patterns
- Feeling confused, angry, forgetful, edgy, or upset
- Not wanting to go to school or work
- Isolation or acting distant
- How to Get Help

Mental Health
2-1-1
www.dshs.state.tx.us/mhsa-mh-help

Substance Abuse
1-877-9-NO-DRUG (877-966-3784)
www.dshs.state.tx.us/mhsa-sa-help

National Suicide Prevention Lifeline
1-800-273-TALK (8255)
www.suicidepreventionlifeline.org

INGREDIENTS:
- 2 medium bell peppers (red & green), seeded & sliced
- 1 onion, sliced
- 1 teaspoon canola oil
- 1 can (15 oz.) low-sodium black beans, drained and rinsed
- ½ avocado, peeled and diced
- Juice from 1 lime
- ½ cup chopped fresh cilantro
- 4, 8-inch whole-wheat tortillas
- 1 teaspoon chili powder (optional)
- 8 tablespoons fresh salsa (optional)
- 1 whole wheat wrap

PREPARATION:
1. In a nonstick pan, sauté the peppers and onion in the canola oil for 5 minutes over medium heat. Add beans, stir well. Reduce heat to low and simmer about 5 minutes, then set aside.
2. In a small bowl, combine the avocado, lime juice, cilantro, and chili powder. Reserve half of the mixture for topping. Warm tortillas in the microwave or on the stovetop.
5. Fill a warmed tortilla with ¼ beans mixture and ¼ avocado mixture. Drizzle 2 tablespoons of salsa over the bean and avocado mixture.
6. Fold ends of the tortilla over. Roll up to make wraps. Top the veggie wraps with remaining avocado mixture. Follow this process for three other wraps.

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Healthy Recipe: Veggie Wrap

Patricia Martinez went through some difficult moments while battling her depression. After seeking professional help, she decided to manage her depression through exercise in addition to continuing to consult with her physician.

“I feel like exercise has helped me both physically and emotionally,” she said. “Exercise keeps me active, instead of focusing on my thoughts and feeling more depressed.”

Patricia explained that it’s not healthy for a person with depression to be alone, crying and always thinking negative thoughts. “You need to motivate yourself,” she said.

“Being in an exercise class is a very positive and friendly place. You get motivated while being there. You are surrounded by people with lots of energy.”

Patricia also wants everyone to know that exercise is a great workout for men and women, young and old. “I encourage everyone to try exercise,” she said. “The classes are free, and the benefits are many.”

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