

Special Interest

Article

Rx for the Mind: 4 Ways to Heal the Hurt Inside

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Rx for the Mind: 4 Ways to Heal the Hurt Inside

When we get the flu or we break a leg, there are well-established ways to bounce back from them. But when the hurt stems from an emotional sort of pain, the remedy can be a little less clear. When times are tough and it seems like life keeps beating down on you, it can be difficult to find a reason to want to keep going. Below I walk through some wellness practices that have helped me through the tough times. Think of these as resources in your toolbox, each one complementing the others. There might be a situation in which one of these practices doesn't help much with easing the pain, but that's okay. Just try a different one. And remember, the more you add to your toolbox, the greater of a safety net you'll create for yourself.

1. Therapy

Also known as talk therapy, this involves an individual session during which you sit down with a licensed psychologist or clinical social worker. A therapist can offer support in a variety of ways. A common one is acting as someone you can bounce your thoughts off of in order to sort out the confusing ones. While they are there to listen openly, they can also help with re-framing those thoughts and provide a change in perspective that allows you to deal with the issue(s) at hand in a healthier manner. While you're there, you do not necessarily feel like you're being analyzed. Sometimes it feels nice to just have your feelings validated too.

Those sessions were a safe place where I could unload what I was holding inside, without fear of judgment or criticism. My troubles wouldn't necessarily all go away, but it would be that

boost I needed to get through the rest of my day or week. Life is hard enough as it is, so having someone in your corner offering that additional support can really make a difference.

2. Exercise

It has been proven that the rush of endorphins produced by a good workout can improve a person's mood. Exercise can also just be a good form of release from that inner voice feeding any negative self-talk that may be going on. When I'm in the middle of a good workout, I'll find I'm too busy focusing on how hard my body is working and on catching my breath. I won't even have a chance to dwell on (for even a second) what was weighing me down pre-workout.

My personal favorites have been swimming, running, cardio kickboxing, and yoga. While the activity of yoga is less intense, it still provided that stress relief and mental break for me. If anything, it took me through some great body stretches and helped me release any tensions I had with each breath I exhaled. Pay attention to the steps and breaths you're taking, and let yourself have some peace of mind.

3. Meditation

Being completely present allows you to have a moment during the noise and bustle of your day, which will help any previous anxieties melt away a bit. Of course, this is easier said than done. When painful thoughts creep in though, you're told to not judge or criticize but instead to simply acknowledge that they are there and to let yourself come back. I've enjoyed this practice in a setting with a facilitator guiding a group of us, but there are also options to try it on your own time in your own space.

4. Social support

Above all else, reaching out to those you trust can be the best type of support. However, this is also easier said than done. There have been times that I didn't feel like talking to anyone, much less going out and socializing. I thought that I wouldn't be that much fun to hang out with anyway while I was feeling down on myself. I also didn't want to bring anyone else down with my sadness. Yet in the times that I did manage to bring myself to go out, I actually felt uplifted enough that the pain didn't hurt so much. Emotional pain is not so different from physical pain, as studies have found. As much as it can weigh you down, you do have an inner strength that you can draw upon. We all just need a little help sometimes

You're braver than you believe, stronger than you seem, and smarter than you think." – A.A. Milne

- See more at:
<http://www.youmatter.suicidepreventionlifeline.org>



Sunpath Outcomes on Consumer Satisfaction Surveys

The Consumer Satisfaction Survey is helping Sunpath to improve services in all areas. This survey is conducted twice a year. Here it is the outcomes for the first six months of this year. We want to say thank you to all our consumers and their families to participate on this important process:

Intensive in Home	81%
Outpatient Therapy	92%
Substance Abuse	92%

Overall **91%**

"Thank you very much for your participation on the surveys"



"The person who moves a mountain begins by carrying away one rock at a time"
Anonymous

How-To: Create an AWESOME Self-Care Plan

To put it simply, a self-care plan is a list to refer to when you're feeling stressed or depressed. Self-care involves two main components:
1) What can I do to feel better for today? and
2) Who can I contact?
Here are the steps to make an awesome self-care plan:

1. DECIDE YOUR "PLAN OF ATTACK"

If you've committed to writing your self-care plan down on paper, you have to decide what kind of paper first. Are you going to make a simple list to keep in your wallet or purse? A poster to hang up in your room? The choice is yours!

2. START WITH A TITLE

Once you've decided on your plan of attack, title your paper. Make it big, make it bold, and make it proudly exclaim "MY SELF-CARE PLAN."

3. ADD YOUR ACTIVITIES

Start with writing down activities, or the things that'll make you feel better when you're depressed.

Here are a couple pointers:
AVOID CLICHES

If you look up "Activities To Do When You're Feeling Depressed" online, then chances are you'll find typical suggestions, like "take a

warm bath" or "take a walk." If those are things that make you feel good, then go ahead and write them down in your self-care plan. However, if you're thinking, "Seriously? Taking a warm bath is so not going to cheer me up," then chances are there's something else that might, like singing Mariah Carey songs at the top of your lungs or watching funny YouTube videos. Don't feel pressure to write down those typical suggestions. Make your list personal to you. As long as it's an activity that's not hurting you or hurting others, then it's totally worth writing down.

BE SPECIFIC

If you're a book worm like me, then chances are you might write "Read a Book" on your list, but think about it first: How many moods have you actually experienced? My go-to book right now for when I'm not happy is the "The Tao of Pooh." It's simple, it's philosophical, and it's uplifting. So, instead of writing down "Read a Book," I might write down "The Tao of Pooh" on my list. Whatever it is, it's good to be specific.

4. INCLUDE YOUR SUPPORTS/CONTACTS:

Family, Friends, Therapist

Your supports, or contacts, should make up the second part of your self-care plan. These are the

people who matter most to you and people who you can contact when you're feeling depressed. That means listing your best friend, your significant other, your parents, your therapist, your teacher, or your friendly neighbors... Write them all down. One support can certainly be the Sunpath LLC Crisis Line (704) 300-9913 when dealing with a crisis. Make sure to write down any contact numbers on your self-care plan so you have them handy.

5. MAKE IT PRETTY

Pretty things can be happy things, right? Make your self-care plan colorful and fun! At least for a moment, looking at something beautiful can cheer you up immensely. If you made a simple list, add a happy doodle. Get crafty, grab your inspirational stickers, and if that means getting out the glitter glue, then make it happen.

- See more at:

<http://www.youmatter.suicidepreventionlifeline.org>



Summer Heat Safety

Summer heat can be dangerous - even deadly - if you don't take the proper precautions. It's so important to be aware of the risks associated with heat and to know how to stay safe in summer weather. Find out how to properly prepare for and protect yourself and your loved ones from soaring temperatures.

Basic Summer Heat Safety Tips

Everyone should follow these basic heat safety tips in order to avoid the dangers of heat exposure. Keep these suggestions in mind:

- During the hottest hours of the day, stay inside. If possible stay inside an air-conditioned building. The hottest hours of the day are typically from mid morning to mid afternoon.
- Dress lightly, and when sleeping, use lightweight, breathable covers.
- Drink plenty of water and other fluids. When temperatures climb above 90 degrees, it's important to drink at least a gallon of liquid per day, preferably water. Those who are overweight and in humid conditions needing even more.
- Avoid drinking alcohol and beverages that are carbonated or contain caffeine when temperatures are high, as they can lead to dehydration.
- Keep blinds and curtains closed from morning until the late afternoon to block extra direct heat from sunlight.
- Move your exercise routine to early morning or later in the evening.
- Never ever leave a person or a pet in the car in hot conditions while you run to do a quick errand. People and animals can give in to heat exposure and death very quickly in a hot car. Cars can become overheated quickly and when overheated become like ovens. It's never safe.
- Properly supervise children during outdoor play, being sure to monitor them closely and frequently.
- Seek medical care right away if you become nauseous, start vomiting or experience cramps.
- Stay on the lowest level of your home.
- Use a fan. Don't place the fan directly in front of a window because it may push hot air in. Try placing the fan so that it blows in the room and out the window instead.
- Use small appliances like slow cookers and tabletop grills rather than your traditional oven or stove to keep kitchen heat to a minimum.
- Verify that seat belts and car seat restraints are not too hot before buckling yourself or anyone else into a car.



YOUR BODY NEEDS 8 CUPS OR MORE OF WATER EACH DAY

5 WAYS TO DRINK MORE WATER

1. ADD FRESH FRUIT
2. DRINK SPARKLING WATER
3. ADD CALORIE-FREE SWEETENERS
4. HAVE A CUP OF ICED TEA
5. ADD LEMON

Treatment Team Meeting Outcomes

Every 3 months a Treatment Team Meeting is conducted between the staff, the consumer and the consumer support system to evaluate progress and work with the consumer on their necessities.

The Treatment Team Surveys for this period revealed the following percentages of satisfaction for the first and second quarter of this year:

Intensive in Home Community	100%
Support Team	100%
Outpatient Therapy	100%
Substance Abuse	100%

The Overall Satisfaction reported is 100%.

"Thank you very much for your participation on the surveys"



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*Pathway to brighter
futures...*



Bilingual Services

Si usted o alguien que usted conozca necesita servicios en Español, por favor comuníquese a nuestras oficinas para poder asistirle.

If you or someone that you know need services in Spanish, please contact us to our offices to assist you.

About Sunpath LLC.

Sunpath LLC is a nationally accredited by CARF and CABHA certified behavioral health agency that provides mental health and substance abuse services to individuals and families in Western North Carolina. We provide an efficient and effective array of services that are psycho-educational and supportive in nature. These services are intended to meet the Mental Health, Developmental Disability, and Substance Abuse needs of clients with significant functional deficits or who because of negative environmental, medical or biological factors, are at risk of developing or increasing the magnitude of such functional deficiencies.

Sunpath LLC focused on providing the highest caliber service through professionalism and building a dependable therapeutic rapport with consumer and their families.

SUNPATH, LLC
P.O. BOX 864
GASTONIA, NC 28053



CUSTOMER NAME
STREET ADDRESS
ADDRESS 2
CITY, ST ZIP CODE



We're on the Web!
See us at:
www.sunpathllc.com