

## Special Interest

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## Understanding The Stages Of Grief

### Kubler Ross Stages of Grief

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Dr Elisabeth Kübler-Ross, a Swiss psychiatrist, introduced the concept of the five stages of grief in 1969. What are the five stages of grief? According to Dr. Kübler-Ross' model, there are several stages of grief. Through denial, anger, bargaining, depression, and acceptance people process their loss, whether that's a terminally ill patient or a person coping with losing a loved one. She was also interested in the way people communicate their grief to others through their words, emotions, and behavior.

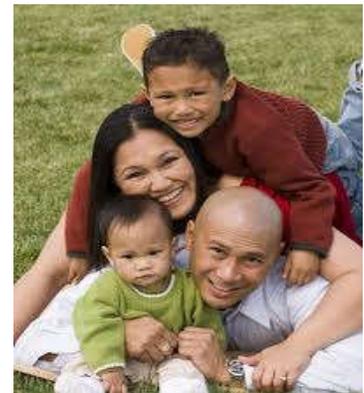
**Denial:** When you're in denial about the loss, you try to convince yourself or others that the event hasn't happened or isn't permanent. You know the facts, of course. If your spouse has died, you might accept that it happened but then believe for a time that his death means nothing to you. If your parents have divorced, you might try to get them back together even after they've moved on to other relationships. Following a job loss, you might go back to work thinking they didn't really mean it when they fired you.

**Anger:** Anger is a typical reaction to loss, and it's one of the Dr. Kübler-Ross' stages of grief. You may be angry with the person who left you, or you may feel

angry with yourself. You might express the anger by shouting at people through sarcasm, or by showing irritation at everything from significant letdowns to minor problems. This stage can also happen at any time, even after you go through a period of acceptance. The benefit of the grief stages is that they help you deal with the loss and move on. Anger can energize you to do just that.

**Bargaining:** At some point, you may find yourself bargaining, trying to get back what you lost. This part of the stages of grief and the higher power help the person cope with the loss. People often promise their God that they will live a better life if only they can take back what they lost. A child may promise to pick up their toys and stop arguing with their siblings if their parents will get back together. Bargaining is a stage that sometimes brings up uncomfortable discussions that go nowhere.

**Depression:** Next in the five stages of grief is depression. The depression can present with any of the symptoms of clinical depression. You may feel sad and cry often. You might notice changes in your appetite or sleep patterns. You might have unexplained



aches and pains. This stage can be too painful in a breakup in a relationship and in the death of a loved one. If you're moving through these stages of grief, divorce can seem like the end of your life, so it's natural to become depressed. It is a situational depression that may soon pass naturally as you move toward acceptance.

**Acceptance:** The last of the Dr. Kübler-Ross stages of grief is acceptance. You understand what you lost and recognize how important that thing or person was to you. You no longer feel angry about it, and you're finished with bargaining to get it back. You're ready to start rebuilding your life without it.

Complete acceptance brings complete peace, but often, this stage is never complete. When you accept the loss fully, you'll understand the stages of grief better.

Cited From:  
<https://www.betterhelp.com/advic/e/grief/understanding-the-stages-of-grief/>



## 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 a summary of the outcomes for this period:

Intensive in Home Community	89%
Support Team Outpatient	85%
Therapy	88%
Substance Abuse	88%

**Overall 88%**

## Stakeholders Satisfaction Surveys

The Stakeholders Satisfaction Survey is helping Sunpath to improve services in all areas. During the fourth quarter of this year our Stakeholders showed a **100%** of satisfaction.

## How to Handle Panic Attacks

Panic attacks can be terrifying. These attacks stem from profound anxiety that can make your heart pound and your knees go weak. Panic attacks can make it difficult to catch your breath and can also cause chest pain and dizziness; you may even think you're having a heart attack. A panic attack may only last a few minutes, but it can leave you feeling frightened and uneasy.

**Understanding Panic Attacks:** A panic attack and its symptoms of tremendous anxiety can strike suddenly, out of the blue. While a panic attack itself may be brief, it can lead to a lasting fear of having another episode. When panic attacks and the fear of having attacks occur repeatedly, people are said to have a panic disorder, a type of anxiety disorder. Fortunately, you don't have to live in fear of panic attacks. There are specific strategies you can use to help manage your anxiety and control your physical symptoms as well.

**Panic Attacks: How to Take Control:** The best way to stave off future panic attacks is by learning how to control your anxiety so that if you do start to notice symptoms of a panic attack, you can calm your mind and body until the symptoms fade. "People who experience panic attacks have to learn how to cope with their feelings of panic," says Seif. While medication can be effective, cognitive-behavioral therapy is one of the best techniques for managing panic and anxiety. "It involves recognizing that the panic-producing process is fueled by future-oriented, catastrophic thinking," explains Seif. People with panic disorder have to become aware that their thoughts trigger a physical reaction, which results in a panic attack.

Strategies that you can use to help you curb a panic attack include:

**Breathing slowly and deeply.** Anxiety can cause you to breathe very quickly, which makes both the mental and physical symptoms of a panic attack even worse. When you start to feel panicky, be sure to take slow, deep breaths to soothe your mind and body.

**Stop and think.** When your thoughts start spinning out of control, simply tell yourself to stop. Organize your thoughts and decide what you need to do to get yourself calm again.

**Think positively.** Push negative thoughts out of your mind, and remind yourself that you are in control. Think about times when you've been able to manage situations successfully and reduce anxiety.

**Stand up for yourself.** If you need to leave a situation, do so or tell someone you need to leave. Don't be afraid to ask for help. Allowing yourself to become more upset will not help if what a

**Relax your muscles.** Anxiety causes your entire body to tense up, so make a conscious effort to relax each muscle from your toes all the way up to your neck and face.

Cited from: <https://www.everydayhealth.com/anxiety/how-to-handle-panic-attacks.aspx>

## 17 Tips to Boost Your Mental Health

1. Track gratitude and achievement with a journal. Include 3 things you were grateful for and 3 things you were able to accomplish each day.

2. Start your day with a cup of coffee. Coffee consumption is linked to lower rates of depression. If you can't drink coffee because of the caffeine, try another good-for-you drink like green tea.

3. Set up a getaway. It could be camping with friends or a trip to the tropics. The act of planning a vacation and having something to look forward to can boost your overall happiness for up to 8 weeks!

4. Work your strengths. Do something you're good at to build self-confidence, then tackle a tougher task.

5. Keep it cool for a good night's sleep. The optimal temperature for sleep is between 60° and 67° Fahrenheit.

6. Take 30 minutes to go for a walk in nature. It could be a stroll through a park, or a hike in the woods. Research shows that being in nature can increase energy levels, reduce depression and boost well-being.

7. Experiment with a new recipe, write a poem, paint or try a Pinterest project. Creative expression and overall well-being are linked.

8. Show some love to someone in your life. Close, quality relationships are key for a happy, healthy life.

9. Be a tourist in your own town. Often times people only explore attractions on trips, but you may be surprised what cool things are in your own backyard.

10. Try prepping your lunches or picking out your clothes for the work week. You'll save some time in the mornings and have a sense of control about the week ahead.

11. Sometimes, we don't need to add new activities to get more pleasure. We just need to soak up the joy in the ones we've already got. Trying to be optimistic doesn't mean ignoring the uglier sides of life. It just means focusing on the positive as much as possible.

12. Feeling anxious? Take a trip down memory lane and do some coloring for about 20 minutes to help you clear your mind. Pick a

design that's geometric and a little complicated for the best effect.

13. Take time to laugh. Hang out with a funny friend, watch a comedy or check out cute videos online. Laughter helps reduce anxiety.

14. Go off the grid. Leave your smart phone at home for a day and disconnect from constant emails, alerts, and other interruptions. Spend time doing something fun with someone face-to-face.

15. Dance around while you do your housework. Not only will you get chores done, but dancing reduces levels of cortisol (the stress hormone), and increases endorphins (the body's "feel-good" chemicals).

16. Feeling stressed? Smile. It may not be the easiest thing to do, but smiling can help to lower your heart rate and calm you down.

17. Do your best to enjoy 15 minutes of sunshine, and apply sunscreen. Sunlight synthesizes Vitamin D, which experts believe is a mood elevator.

Cited from:  
<http://www.mentalhealthamerica.net/31-tips-boost-your-mental-health>



**“Research shows that being in nature can increase energy levels, reduce depression and boost well-being.”**

### 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:

**100%** of satisfaction in all services



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

## Don't Hibernate: 10 Ways to Stay Active During the Winter Months

- Join a gym or health club.
- Swim.
- Ice skating.
- Walk at the mall.
- Try a fitness class.
- Exercise at home.
- Take the stairs.
- Play some indoor sports.
- Play some winter sports.
- Play outdoors with your kids.



## 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.

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