

HEALTHY LIVING RESOURCES FOR A.C.E. LANGUAGE INSTITUTE STUDENTS

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What is *MENTAL HEALTH**???

MENTAL HEALTH is:

- The ability to function well without any (mental) illness and the ability to cope with the ordinary demands of life
- How we think, feel and act
- The choices we make - the interaction with the world around us including: relationships, entertainment, news and information, and education

*Like physical health, mental health is important at every stage of life!

ACHIEVING GOOD MENTAL HEALTH

Physical Health is connected to mental and emotional health

- Get enough rest
- Learn about good nutrition and practice it
- Exercise to relieve stress
- Get a dose of sunlight every day
- Limit alcohol and avoid cigarettes and other drugs

Improve Mental and Emotional Health by Taking Care of Yourself

- Do things that positively impact others
- Practice self-discipline
- Learn or discover new things
- Enjoy the beauty of nature or art
- Limit unhealthy mental habits like worrying
- Manage your stress levels
- Smile more often!

BENEFITS OF GOOD MENTAL HEALTH

- Enjoying life and living environment
- Being creative, learning, trying new things, and taking risks
- Ability to cope with difficult times
- Managing stress well
- The ability to more easily cope with the loss of a loved one
- A sense of meaning and purpose
- The ability to adapt to change
- The ability to balance between work and play, rest and activity, etc.
- The ability to build and maintain fulfilling relationships
- Self-confidence and high self-esteem

CAUSES OF POOR MENTAL HEALTH

- Poor sleeping habits
- Poor nutrition
- Social and environmental factors
- How and where we relax
- Significant life events – traumas or serious losses
- Substance abuse – alcohol, cigarettes, and other drug use
- Relationship problems
- Side effects of medications
- Learned helplessness – negative experiences that lead one to think they are helpless
- It can also be biological

WHEN TO SEEK PROFESSIONAL HELP FOR EMOTIONAL PROBLEMS (SIGNS OF POOR MENTAL HEALTH)

- Marked change in personality, eating or sleeping patterns
- Inability to sleep or sleeping too much
- Inability to cope with problems or daily activities
- Concentration problems
- Prolonged depression or apathy
- Thinking or talking about suicide
- Negative or self-destructive thoughts
- Fears you cannot control
- Substance abuse
- Extreme mood swings – excessive anger or violent behavior
- Remember, everything you are experiencing is NORMAL – so don't be afraid to talk to someone you feel comfortable with

What is CULTURE SHOCK???

CULTURE SHOCK is:

- The stress one may experience due to the encounter of a different culture
- Feelings – sad, depressed, irritable, homesick, anger, etc.

5 STAGES OF CULTURE SHOCK

1. The Honeymoon Phase – Parts of new culture seem wonderful and new
2. Culture Shock – You may feel sick, nauseous, tired, or lonely
 - a. May start to notice differences
3. Initial Adjustment – You start to feel more comfortable
4. Mental Isolation – Tried everything, but still feel like you're "different"
 - a. May feel depressed, angry, isolated, etc.
5. Integration – Feel equally comfortable in both cultures; fluent/proficient in new language; have support system

DEALING WITH CULTURE SHOCK

- Talk to someone – A.C.E. staff, counselor, family member, roommate, professor
- "Bring" home with you – pack photos, bring favorite CDs, cook family recipes
- Be patient
- Get involved with your new community – make friends, volunteer, work, intern, or travel

RELATIONSHIP BETWEEN CULTURE SHOCK AND MENTAL HEALTH

Culture shock can cause:

- High levels of stress
- Anxiety and/or
- Depression

What is a HEALTHY DIET???

A HEALTHY DIET is:

- A diet that is based on good and nutritional foods, along with a balanced exercise routine

TO ACHIEVE A HEALTHY DIET

- Eat regular meals – at least 3
- Eat less refined foods
 - Eat more natural foods
- Add protein
- Eat a wide variety of foods
 - Add fish to your diet
- Maintain a healthy weight
- Maintain adequate fluid intake
 - Drink ~2.5 liters of water daily
 - Avoid caffeine
- Avoid alcohol, caffeine, and RedBull
- Exercise Daily

EAT LESS REFINED FOODS

- Eat fewer high sugar foods
- Eat more wholegrain cereals, nuts, beans, lentils, fruit and vegetables

FISH IN YOUR DIET

- Try to include 2-4 portions of fish a week
- Or – If you don't like fish, take Omega 3 oil supplements

ADD PROTEIN

- Milk, cheese, and yogurt
- Eggs
- Beans
- Soy
- Lean beef
- Chicken

SAMPLE MEAL PLAN

- Breakfast
 - ½ grapefruit / fruit juice
 - Cereal – whole grain or bran cereal with semi-skimmed milk
 - OR
 - 1-2 slices whole meal bread / toast with butter / baked beans
 - Tea / coffee / water
- Mid Morning
 - Tea / coffee / water
 - Fruit / nuts
- Lunch
 - 1-2 slices whole meal or pita bread sandwich / butter and filling of fish / meat / egg / cheese
 - OR
 - Soup / Salad
 - Fruit / nuts
- Mid Afternoon
 - Tea / coffee / water
 - Fruit / fruit and nuts / mixed seeds
- Dinner
 - Protein
 - Vegetables
 - Starch:
 - Brown rice
 - Whole meal pasta
 - Potatoes
 - Sweet potatoes
 - Desert:
 - Small bowl of cereal
 - Fruit / yogurt

OTHER RESOURCES

- Choosemyplate.org -- Check out this interactive website about food, weight management, physical activity, and much more!
<http://www.choosemyplate.gov/index.html>
- Also, check out the SPU Community Kitchen on Facebook!
<http://www.facebook.com/spukitchen>
When: Wednesday evenings; ON SUMMER BREAK until September 14!
Where: SPU Campus – 3307 3rd Ave W, Seattle, WA 98119
Cost: \$10
Phone: 1 206.378.5409

What is PHYSICAL HEALTH???

PHYSICAL HEALTH is:

- The well being of a person both physically and mentally

FITNESS PLAN

1. Assess your fitness level
2. Design your fitness program
3. Assemble your equipment
4. Get started
5. Monitor your progress

ASSESS YOUR FITNESS LEVEL

Record:

1. Your pulse rate before and after you walk 1 mile (1.6 kilometers)
2. How long it takes you to walk 1 mile (1.6 kilometers)
3. How many push-ups you can do at a time
4. How far you can reach forward while seated on the floor with your legs in front of you
5. Your waist circumference – measured around your bare abdomen just above your hipbone

DESIGN YOUR FITNESS PLAN

Keep these points in mind:

1. Consider your fitness goals
2. Create a balanced routine
3. Go at your own pace
4. Build activity into your daily routine
5. Plan to include different activities
6. Allow time for recovery
7. Put it on paper

GET STARTED

Keep these tips in mind:

1. Start slowly and build up gradually
2. Break things up if you have to
3. Be creative
4. Listen to your body
5. Be flexible

MONITORING YOUR PROGRESS

- Retake your personal fitness assessment six week after you start the program and then again every three to six months.
- You may need to increase the amount of time in your exercises.
- If you lose motivation, set new goals or try a new activity.
 - Exercising with a friend or take a class at a fitness center. (See SPU Resources)
- Don't give up!
- Remember to have fun!

SPU RESOURCES

- **SPU's Royal Brougham Pavilion**
3414 3rd Ave. W. Seattle, WA 98119
- **Weight Room Hrs of Operation:**
M-Th: 7 a.m.-3:30 p.m. and 5:30-11 p.m.; **F:** 7 a.m.-3:30 p.m. and 5:30- 9 p.m.; **Sat:** 8 a.m.-9 p.m.;
Sun: 2-6 p.m.
- **Fitness Center Hrs of Operation:**
- **M-Th:** 7 a.m.-11 p.m.; **F:** 7 a.m.-9 p.m.; **Sat:** 8 a.m.-9 p.m.; **Sun:** 2-6 p.m.
- Athletics: 206-281-2085
- Falcon Club Lounge: 206-281-2306
 - Reservations: 206-281-2085
- Intramurals & Club Sports: 206-281-2881
- Intramural Information: 206-281-2881
- Sports Information: 206-281-2772
- Ticket Information: 206-281-2305

OUTSIDE RESOURCES

Urban CrossFit

1405 Dexter Ave N
Seattle, WA 98109

Phone: (206) 282-2833

Hours: Mon-Fri 6 am - 8:30 pm
Sat 8 am - 12 pm

www.urbancrossfit.com

StoneWay CrossFit

2 Dravus St
Seattle, WA 98109

Phone: (206) 930-7169

Hours: Mon 6 am – 7 pm

www.stonewaycrossfit.com

24 Hour Fitness

229 Queen Anne Ave N
Seattle, WA 98109

Phone: (206) 285-0226

Hours: Mon-Fri 5 am –10 pm
Sat-Sun 7 am – 5 pm

www.24hourfitness.com

REMEMBER, THERE'S ALWAYS HELP!!!

If you are experiencing depression or other mental health concerns, you may want to talk to a licensed counselor or therapist.

LIFELINE COUNSELORS

<http://www.lifelinecounselors.com/>

- Individual Counseling
- Couples Counseling
- Families and Children

Office Location:

200 1st Ave W. Suite 400
Seattle, WA. 98119

Phone: 206-274-7861

International Counseling & Community Services: Lutheran Community Services

<http://www.lcsnw.org/seattle/iccs.html>

- Counseling and Emotional Support
- Psychiatric Evaluation and Medication Monitoring
- Case Management Services
- Social Services
- Support Groups

SeaTac Office

4040 S. 188th St.
SeaTac, WA 98188

Phone: 206-816-3253

Seattle Office

115 NE 100th St, Suite 200
Seattle, WA 98125

Phone: 206-816-3253

ASIAN COUNSELING & REFERRAL SERVICE (ACRS)

<http://www.acrs.org/>

- Case management
- Affordable individual, group and family therapy
- Psychiatric evaluation and medication management
- Housing assistance
- Job assistance
- New Life
- 24-hour crisis intervention

Main Office

3639 Martin Luther King Jr. Way S
Seattle, WA 98144

Phone: 206-695-7600

Fax: 206-695-7606

TTY: 206-695-7609

Amal Muammar-Hastings

- **Clinical Social Work/Therapist, LICSW (speaks Arabic)**
- Office: 4915 25th Avenue
Suite 202
Seattle, WA 98105
- Phone: (206) 317-1872

SPU RESOURCES

Student Counseling Center (for referrals only):

353 West Berton (physical)
3307 3rd Ave. West, Ste. 118
Seattle, WA 98119-1922
SCC@spu.edu
206.281.2657
206.378.5030 (fax)

Seattle-Area Therapist Resources:

<http://www.spu.edu/depts/scc/SeattleTherapistReferralList.htm>

Health Services:

3307 3rd Avenue West, Suite 110
Seattle, Washington 98119-1922

Hours of Operation:

Monday-Friday 9 a.m.-12 noon & 1-4:30 p.m.

Appointment Desk:

206.281.2231

SPECIAL THANKS TO:

Karen Snedker, PhD – Internship Coordinator/SPU Faculty
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<http://www.mentalhealthnewstoday.com/what-is-mental-health>
<http://www.nlm.nih.gov/medlineplus/mentalhealth.html>
<http://www.mayoclinic.com/health/mental-health/MH00042/METHOD=print>
<http://ucsfhr.ucsf.edu/index.php/assist/article/achieving-good-mental-health/>
http://helpguide.org/mental/mental_emotional_help.htm
http://www.cmha.ca/bins/content_page.asp?cid=2-267-1320
http://helpguide.org/mental/mental_emotional_health.htm
http://www.rethink.org/about_mental_illness/what_causes_mental_illness/
<http://business.uni.edu/buscomm/internationalbuscomm/cultureshock.htm>
<http://www.merriam-webster.com/medical/culture%20shock>
<http://www.studentsabroad.com/cultureshock.html>
<http://www.mentalhealth.org.uk/content/assets/PDF/159555/MHF-Food-and-mood-diary.pdf>
<http://www.mentalhealth.org.uk/help-information/mental-health-a-z/D/diet/>
<http://medical-dictionary.thefreedictionary.com/Healthy+Diet>
<http://www.mayoclinic.com/health/fitness/HQ00171>
<http://www.thefreedictionary.com/exercise>
http://answers.ask.com/Science/Psychology/what_is_the_meaning_of_physical_health
<http://www.hsph.harvard.edu/nutritionsource/what-should-you-eat/pyramid/>