

the empowerment center

a place to center mind, body and spirit.



Energy, Mood, and Healing for the Mental Health of Youth and Young Adults

Facilitators : Dr. Kristal C. Owens
Jennifer Dixon Cravens, ND, MS



Our Agency's Story

- Empowerment Center has utilized community grants to provide youth and Adults with opportunities to improve their nutritional status and overall wellbeing.
- For 15 years EC has offered classes, workshops, training, and programs in nutrition, psychology, spirituality, wellness, and fitness, as a part of a wholistic framework to help Young people and Adults to heal.



Presenters



Dr. Owens, a certified parent trainer and licensed practitioner, holds doctorates in Pastoral Care and Counseling, Psychology, and Naturopathy.

Dr. Owens teaches graduate courses in counseling and psychology for Bowie State University and Goddard College. She integrates naturopathy and personal training approaches in her life and work. She is a recipient of the 2015 U.S. Congressional Recognition for outstanding and invaluable service to the 4th Congressional District and for improving the quality of life for men, women and families.

Presenter:



Jennifer Dixon Cravens, ND, MS

Jennifer Dixon Cravens, ND, MS is a mother of Two. Jennifer is a Traditional Naturopath, and holds a Master of Science Degree in Nutrition & Dietetics, and a Bachelor of Arts in Human Resource Management & Organizational Behavior. Jennifer is a Public Speaker, Nutritionist & Wellness Coach. Jennifer teaches Community Nutrition, Health & Wellness classes at the University of Maryland College of Agricultural & Natural Resources/University of Maryland Extension. Jennifer has 20 years experience with Community Nutrition, Chronic Disease Management & Prevention & Women Wellness. Jennifer goal is to improve the health, and well being of Marylanders.

The Power of Nutrition: Energy, Mood, and Healing for the Mental Health of Youth and Young Adults

Guiding Question:

Can Whole Food eating patterns support a contributive and protective factor in the mental health of Children and Young Adults?



The Problem/Issue

- When the body is not well, the brain can not operate optimally.
- Nutrition has a profound effect on how the body and brain function.
- The brains function best when we eat a nutritious and balanced diet.
- Therefore a broken and malfunctioning brain leads to poor learning acuity, behavioral deregulation, and physical underdevelopment.



Both body and mind/mental health are linked and the nutritive foods place Children and Young Adults in optimal conditions.
What builds a healthy body also builds a healthy mind!



Premise



Statistics

- Disorder from one domain of the body has profound effects on other aspects such as the human brain
- About 40 % of children and teens consume a medley of total daily calories inclusive of sugar and solid fats (Journal of American Dietetic Association).
- Half of these calories come from pizza, soda, fruit drinks, desserts (both dairy and grain), and cow's milk (Reedy, 2010).





Statistics cont.

- Over 23 million Americans that live in food deserts, with another 6.5 million children and youth included in this number.
- 30 million people in the US suffer under the weight of poor nutritional intake due to lack of access and economics.



Food Deserts

- “Food deserts” are communities — usually in low-income areas — lacking grocery stores, farmers markets, and healthy food providers.
- Some studies suggest that half of all low-income neighborhoods in the United States are food deserts.

Barriers to Healthy Eating

- Lack of access fresh food (produce, healthy food choices)
- Lack of proper education about healthy eating and healthy food choices
- Environmental Racism has led to an abundance of corner stores, carry-out restaurants, and fast food restaurants.





Food Swamp Defined:

- Recently, a related term — “food swamps” — has been applied to communities that are oversaturated with unhealthy dining options, such as fast-food restaurants and take out restaurants.
- A recent Rudd Center for Food Policy and Obesity study found that a typical food swamp has four unhealthy eating options for every one healthy option.
- Residents of such communities had higher obesity rates than non-swampy areas.



Psychology of Eating

- Family meals, and food from the kitchen table is considered a sign of love, comfort, and predictor of high achievement scores.
- Supports emotional health
- Consuming similar foods from family and friends creates a psychological bond
- This bond assists people to touch base with their in-utero experience and to build an alliance with those who have a common heritage or lifestyle agreement.

Psychology of Eating cont.

- The decline of gathering around the family table began the rise of diseased-linked processed foods that has contributed to the crisis both physical and mental illness.



Research by Joel Fuhrman, MD in 2014 ,
Conclusion of Research

The Growth of Mental Illness Caused by These Foods
By : Joel Fuhrman, MD
<https://www.youtube.com/watch?v=D98KeBAuxzc>

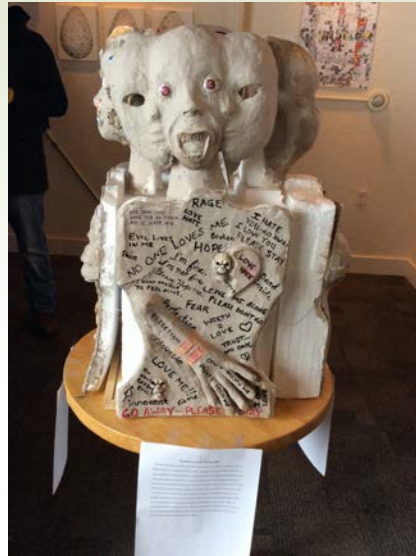
Fuhrman further states that fast foods not only cause mental illness, it dumbs you down, makes you less creative, less intelligent, less able to concentrate, it is responsible for learning disabilities (Fuhrman, 2014)



Implications of Long-term Fast Food Eating

A Declared War on the Human Brain

- Fried foods, sweets, and processed meats (hot dogs, hamburgers and chicken nuggets)
- Commercial baked goods (Gluten)
- All of these non-food products are linked to depression
- According to Fuhrman, two servings of these items a week increases the likelihood of depression.



Fuhrman, 2014

Foods that Impact Mood the Most

- Sugar
 - Dangerous to the brain and can inflict long lasting damage to the body.
- Caffeine
 - Low doses are fine
- Fried and Fast Foods
 - Interrupts the healthy cell states
- All white Process Foods
 - Bread refined white starches (white rice, crackers, white bread)
 - Big spikes in blood sugar levels is dangerous to the health and mood.

Junk Food V's Healthy Food



Other Foods that Impact Mood the Most

- Processed Meats: Hamburgers, Salami, bacon, hot dogs, pastrami, you name it: they all contain high levels of the chemical nitrate – which is used to preserve them in those tightly sealed packages
- Combination of Fat, Sugar and Salt
- Sugar may be as damaging to the brain as extreme stress or abuse.
- Did you know that? Some people who eat too much high-calorie food show similar behavioral patterns to those with addictions.





What to Avoid

- **Drinks**
- Avoid: Sugary and caffeine-laden drinks
- Take action to: Drink water to prevent dehydration, fatigue, mood changes and brain fog

- **Breakfast**
- Avoid: pastries and cakes (dessert for breakfast) start the day with high sugar intake
- Take action to: lean meats, eggs, citrus fruits, blue berries, and green apples,

- **Lunch and Dinner**
- Avoid: Fried and Processed Foods
- Take action to: Greens, beans, Meats (Lean/unprocessed meats), Sweet Potatoes, Salads

Healthier Options

Commonly Foods Eaten	New Foods Introduced
Chicken Nuggets and Fried Chicken	Grilled or Baked whole and unprocessed chicken, tempeh, hummus and pita bread, grilled vegetables, grilled mushrooms.
French Fries	Baked root vegetable or baked Sweet Potatoes
Hamburgers	Plant-Based homemade Bean Burgers
Pizza	Vegetable Stir-Fry or Vegetable Bowls, or homemade pizza made with whole grains and vegetables
Donuts, cakes, crackers and cookies	A piece of fruit, fruit salad, nut butter spread, handful of nuts, Dehydrated Vegetables as crackers
Pop or Soda and Juices such as Kool-Aid	Water, Spa water, and herbal Teas
Energy Drinks	Fruit Infused Beverages and Smoothies
Candy	Fruit
Nachos and Potato Chips	Baked Chips
Other fried – greasy food-like substance	Any non-processed complex carbs

The Benefits of Food Demonstrations

- Empowerment Center received several grants to serve young people and adults to offer healthy food demonstrations by nutritionists and chefs. By practice, the food demonstrations involve young people prepping vegetables and/or fruits for desserts, smoothies and other goodies that get them engaged with the food.
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- These young people become a part of a group activity that they later can take ownership as the nutritionist or chef.



COOKING
DEMONSTRATIONS

8 Tips for Brain/Mental Health Improvement

(Anti-inflammatory, Antioxidants, Vitamin and Mineral rich foods includes):

- 1. Fruits
- 2. Vegetables
- 3. Whole grains
- 4. Nuts and seeds
- 5. Protein: healthy protein, beans, fish
- 6. Coffee and Tea
- 7. Foods Rich in Omega 3, Vitamin B & D, Probiotics
- 8. Staying Well in All Dimension of Life (mental, physical etc)
- 9. Reduce Stress
- 10. Practice Mindfulness & Being Well(Prayer, Meditation, Breathing)





I. Benefits of Fruit on Brain

- **Fruits** are high in antioxidants. Fruits are an excellent source of essential vitamins and minerals, and they are high in fiber.
- Antioxidants help by reducing inflammation and oxidative stress.
- Vitamin C is a powerful antioxidant that helps fight off the free radicals that can damage brain cells.
- A 2014 review notes that the antioxidant compounds in berries have many positive effects on the brain, including: improving communication between brain cells.
- Fruits (Blueberry, strawberries, kiwi, tomatoes, guava, avocados, and other berries).

2. Benefit of Vegetables on Brain Health

- Vegetables- **Leafy greens** such as kale, spinach, collards, and broccoli are rich in **brain-healthy** nutrients like vitamin K, lutein, folate, and beta carotene.
- Research suggests these plant-based foods may help slow cognitive decline.
- Sweet Potatoes – rich in beta-carotene – is an antioxidant that reduces brain cell damage.





3. Benefits of Whole grains on Brain

- Whole grains- Research suggests that consuming whole grain foods as part of an overall healthy diet positively impacts cognitive function.
- Whole grain foods offer essential B vitamins and antioxidants that reduce inflammation associated with disease development.
- Whole grains, such as oats, barley, quinoa, brown rice, millet, teff, and other ancient grains are rich in B vitamins that work to reduce inflammation of the brain, potentially preserving your memory.
- Incorporate B Vitamins and Amino Acids into to your health regiment or treatment, B vitamins are the anti stress Vitamins.



Add Amino Acids into Diet and Treatment

- Amino acids are targeted natural medicine therapy.
- Neurotransmitters are the brain chemicals responsible for making us feel happy and calm, as well as enhance focus. When functioning properly the neurotransmitters act in a checks and balance manner; either excitatory or inhibitory.
- For example, the body makes dopamine from the **amino acid** tyrosine and serotonin from tryptophan. Low levels of either of these neurotransmitters may impact mental health.
- Note: Increasing the body's levels of tryptophan may decrease anxiety. (Foods rich in Amino Acids-Beans, Salmon, Poultry, Lean Meats, Spinach, Seeds Nuts).



4. Nuts and Seeds

- Eating more nuts and seeds may be good for the brain, as these foods contain omega-3 fatty acids and antioxidants
- Nuts and seeds can facilitate the brainwave frequencies linked to cognition, healing, memory and learning.
- Researchers also suggest that walnuts and walnut oil may also keep reduce stress
- Nuts and Seeds. Nuts such as walnuts, almonds, and peanuts, as well as sunflower and pumpkin seeds, are brain foods high in protein and omega fatty acids.



5. Lean Protein

- Protein is the second largest matter in the brain, second only to water, so it is important to nourish your brain with protein rich foods.
- Eating **protein** raises the levels of another amino acid called tyrosine, which prompts the **brain** to manufacture norepinephrine and dopamine, other kinds of chemical messengers in the **brain**.
- **Protein can** increase brain chemicals related to alertness (norepinephrine and dopamine
- **Promotes alertness and activity**



6. Tea & Coffee

- Black and green teas contain brain-boosting antioxidants
- Green tea- has high level of L- theanine- a naturally-occurring amino acid.
- Caffeine promotes central nervous system stimulation, making you feel alert.
- Caffeine is the key reason why coffee boosts brain function. This stimulant blocks adenosine, an inhibitory neurotransmitter in the brain that makes you sleepy.



7. Omega 3, Vitamin B & D, Probiotics

- Omega 3- nuts, flax seeds, chia, spinach, kelp, seaweed, Brussel sprouts, fatty fish; salmon, mackerel, tuna, and sardines.
- Vitamin B- The anti-stress vitamin , Three B vitamins are often linked with brain health: B₆, B₉ (folate), and B₁₂. B Vitamins also help produce energy needed to develop new brain cells.
 - Folate (Folic acid and Vitamin B9) Leafy greens, fresh or frozen spinach, collards, and Kale, beans, seed,
- Vitamin D- studies suggest vitamin D protects neurons and reduces inflammation. Responsible for nerve growth. (mushrooms, egg yolks, cereals, oatmeal(fortified)).
- Probiotics: Fermented foods- kimchi, miso, sauerkraut, kefir, yogurt, tempeh, kombucha, and probiotics(papaya, pineapple, and yogurt).

Emotional Health & Wellness

Learning Objectives



- Define What is Health, Wellness?
- How Well are you?
- What is Emotional and Mental Wellness?
- What is Physical Wellness
- Mindfulness –
Prayer, mediation, breathing
- What is Stress
- Impact on Body
- Stress Reduction Techniques
- Relaxation Techniques



8. Moving to Wellness/ Emotional & Mental Wellness



- **Health** is a state of complete physical complete physical, mental, and social well being and not merely the absence of disease or infirmity. (WHO, 2020)
- **Wellness** is an active process of becoming aware of and making choices toward a healthy and fulfilling life.
- **Wellness** is more than being free from illness, it is a dynamic process of change and growth. "...a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity

8 DIMENSIONS OF WELLNESS

How Well Are You?

Emotional

Coping effectively with life and creating satisfying relationships.

Social

Developing a sense of connection, belonging, and a well-developed support system.

Occupational

Personal satisfaction and enrichment derived from one's work.

Financial

Satisfaction with current and future financial situations.



Spiritual

Expanding our sense of purpose and meaning in life.

Intellectual

Recognizing creative abilities and finding ways to expand knowledge and skills.

Physical

Recognizing the need for physical activity, diet, sleep and nutrition.

Environmental

Good health by occupying pleasant, stimulating environments that support well-being.

Rate Your Wellness:

- Emotional
- Social
- Occupational
- Financial
- Spiritual
- Intellectual
- Physical
- Environmental

Percentages of Wellness:

- 1/8 = 12%
- 2/8 = 25%
- 3/8 = 37%
- 4/8 = 50%
- 5/8 = 62%
- 6/8 = 75%
- 7/8 = 87%
- 8/8 = 100%

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Emotional Wellness

- **Emotional**—The ability to cope effectively with life and creating satisfying and harmonious relationships
- **Emotional wellness** is also the ability to successfully handle life's stresses and adapt to change and difficult times.
- People who are emotionally well, experts say, have fewer negative emotions and are able to bounce back.
- Emotional wellness is being able to hold onto positive emotions longer.



Mental Wellness

- According to the World Health Organization, mental wellness is defined as “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”
- **Things to promote mental wellness-**
- Take care of your body: Taking care of yourself physically can **improve** your **mental** health. ...
- Surround yourself with good people: ...
- Set realistic goals for yourself
- Learn how to deal with stress



Physical Wellness

- **Physical wellness** promotes proper care of our bodies for optimal health and functioning. ...

- Overall physical wellness encourages the balance of physical activity, nutrition and mental well-being to keep your body in top condition.
- Physical wellness consist of (nutrition, water, sleep, vitamins, mineral, physical exercise).

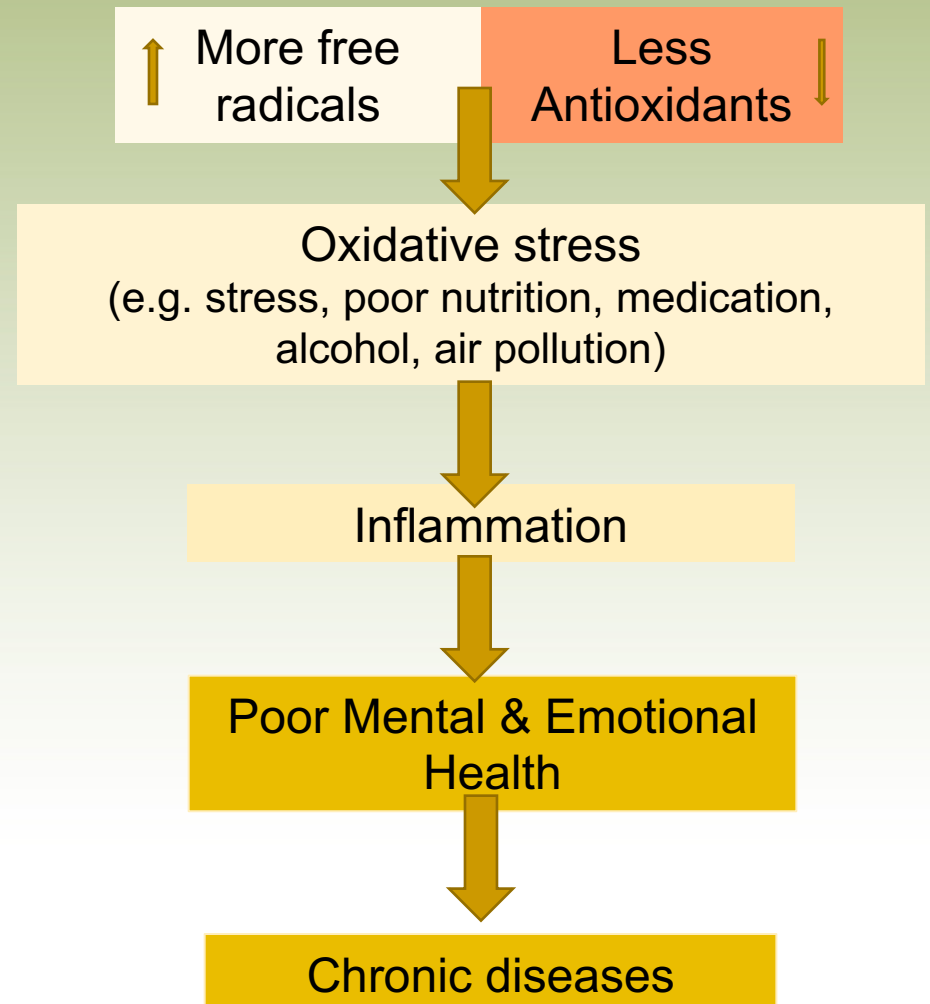


Risk factors of Mental Health & Wellness

- **Risk factors** are characteristics at the biological, psychological, family, community, or cultural level that precede and are associated with a higher likelihood of negative outcomes
- A history of mental illness in a blood relative, such as a parent or sibling.
- Stressful life situations, such as financial problems, a loved one's death or a divorce.
- An ongoing (chronic) medical condition, such as diabetes.
- For young adults, risk factors were **social isolation** and loneliness, **homelessness**, being a sexual minority, migration and cyberbullying.

Nutrition & Relationship to Health and Wellness

- Eat a balanced diet
- Healthy Foods, Rest, Water, Vitamins & Minerals- antioxidants (e.g. vitamin C, D, B).
- Antioxidants help protect our cells from oxidative damage, caused by free radicals.



Oxidative stress and the Impact on Body and Mental Wellbeing



- **Oxidative stress** occurs upon excessive free radical production resulting from an insufficiency of the counteracting antioxidant response system.
- The **brain**, with its high oxygen consumption and lipid-rich content, is highly susceptible to **oxidative stress**.
- High-quality foods that contain fatty acids, antioxidants, vitamins and minerals nourish the **brain** and protect it from oxidative stress—the waste produced when the body uses oxygen, which can damage **brain** cells.



4 Steps to Reduce Stress

1. Nutrition – Eat well , eat foods that enhance mood
2. Stress Reduction & Relaxation (Relax, Stay calm)
3. Physical Activities (Marital Arts, African Dance, Walking, Yoga, Zumba, Working out).
4. Mindfulness- (Prayer, Meditation, Deep breathing)
5. Counseling (Therapy, Life Coaching, Support groups, group dynamics, Family).



Benefits of Healthy Nutrition (Foods)

- Fatty fish, such as salmon, mackerel, sardines, trout, and herring, are high in omega 3.
- Omega-3 is a fatty acid that has a strong relationship with cognitive function as well as mental health
- Vitamin D-researchers are increasingly linking vitamin D deficiency to mood disorders, such as depression and anxiety.
- A report in the *[Journal of Affective Disorders](#)* believes that there is enough evidence to prove that vitamin D positively helps depression



9. Mindfulness – Prayer , Meditation, Breathing

What is Mindfulness- “being aware”

- The a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.
- **Mindfulness** is the **psychological** process of bringing one's attention to the internal and external experiences occurring in the present moment, which can be developed through the practice of meditation and other training.”





Impact of Prayer on Mental Wellness

- Researchers from Baylor University found that people who pray to a loving and protective God are less likely to experience anxiety-related disorders.
- There is a reduction in worry, fear, self-consciousness, social anxiety and obsessive compulsive behavior — compared to people who pray but don't really expect to receive any comfort or relief .
- Researcher says these people may be rewriting the neural connections in their brains — altering how they see the world.



Impact of Meditation on Mental Health

- **Meditation** is the process of redirecting your thoughts to calm your **mind**. The **mental** health **benefits of meditation** include better focus and concentration, improved self-awareness and self-esteem, lower levels of stress and anxiety, and fostering kindness.
- **Meditation** can give you a sense of calm, peace and balance that can **benefit** both your **emotional well-being** and your overall health.
- **Meditation** also has benefits for your physical health, as it can improve your tolerance for pain and help fight substance addiction.
- Meditation has been linked to larger amounts of gray matter in the hippocampus and frontal areas of the brain

Impact of Breathing Techniques on Mental Health & Wellness



- Deep breathing is one of the best ways to lower stress in the body. This is because when you **breathe** deeply, it sends a message to your brain to calm down and relax. The brain then sends this message to your body.
- Breathing exercises are a good way to relax, reduce tension, and relieve stress.
- When you become stressed or anxious, your brain releases cortisol, the “stress hormone.” By taking deep breaths, your heart rate slows, more oxygen enter our our blood stream and ultimately communicates with the brain to relax.
- Deep breathing also ups your endorphins, the “feel good” chemical.



4/7/8 Breathing Technique

- Close your mouth and inhale quietly through your nose to a mental count of **4**. Hold your **breath** for a count of **7**. Exhale completely through your mouth, making a whoosh sound to a count of **8**. This is one **breath**.
- **Deep Breathing:**
- Get comfortable. You can lie on your back in bed or on the floor with a pillow under your head and knees. ...
- Breathe in through your nose. Let your belly fill with **air**.
- Breathe out through your nose.
- Place one **hand** on your belly. ...
- As you breathe in, feel your belly rise. ...
- Take three more full, **deep breaths**.



10. Stress & Mental Wellness:

Stress and mental wellness-

- When stress becomes overwhelming and prolonged, the risks for mental health problems and medical problems increase.
- Long-term stress increases the risk of mental health problems such as anxiety and depression, substance use problems, sleep problems, pain and bodily complaints such as muscle tension.



What is Stress ?

- Stress is the body's automatic response to any physical or mental demand placed on it.
- Adrenaline is a chemical naturally produced in our body as a response to stress .
- It causes the Fight or Flight response.



What is Stress cont. ?

- Stress is the body's reaction to harmful situations -- whether they're real or perceived. When you feel threatened, a chemical reaction occurs in your body that allows you to act in a way to prevent injury.
- This reaction is known as "fight-or-flight," or the stress response.
- During stress response, your heart rate increases, breathing quickens, muscles tighten, and blood pressure rises. You've gotten ready to act. It is how you protect yourself.



Symptoms of stress/Is All Stress Bad?:

- Stress can affect all aspects of your life, including your emotions, behaviors, thinking ability, and physical health.
- No part of the body is immune.

IS ALL STRESS BAD!

- Moderate levels of stress may actually improve performance and efficiency
- Too little stress may result in boredom
- Too much stress may cause an unproductive anxiety level



Impact of Stress:

- Physical
- Weight loss or gain (Obesity and other eating disorders)
- High blood pressure/Heart palpitation, heart disease, stroke
- Unexpected hair loss
- Cramps, and menstrual problems in women
- Emotional:
- Increase in mood swings
- Anxiety , panic attacks
- Prolonged stress can lead to depression
- Can also lead to unhealthy coping strategies (overeating, alcohol, drugs)



Impact of Stress on Mental Health and Wellness

- Mental :
- Mental health problems, such as depression, sadness, anger, frustration, anxiety, and personality disorders.
- When **stress** becomes overwhelming and prolonged, the risks for **mental health** problems and medical problems increase.
- Long-term **stress** increases the risk of **mental health** problems such as anxiety and depression, substance use problems, sleep problems, pain and bodily complaints such as muscle tension.



Protective Factors to improve Mental Wellness

- **Protective factors** are characteristics associated with a lower likelihood of negative outcomes or that reduce a **risk factor's** impact.
- were positive family functioning, **social support** (including online), **community support**, and **physical activity**.

The Affects of Stress on Our Bodies

- **When we are stressed, our:**
- Blood pressure rises.
- Breathing becomes more rapid.
- Digestive system slows down.
- Heart rate (pulse) rises.
- Immune system goes down.
- Muscles become tense.
- Sleeping can be more of a problem.
- Stroke or Heart Attack

HOW STRESS AFFECTS THE BODY

BRAIN

Difficulty concentrating, anxiety, depression, irritability, mood, mind fog

CARDIOVASCULAR

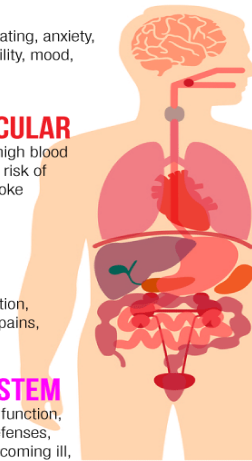
higher cholesterol, high blood pressure, increased risk of heart attack and stroke

JOINTS AND MUSCLES

increased inflammation, tension, aches and pains, muscle tightness

IMMUNE SYSTEM

decreased immune function, lowered immune defenses, increased risk of becoming ill, increase in recovery time



SKIN

hair loss, dull/brittle hair, brittle nails, dry skin, acne, delayed tissue repair

GUT

nutrient absorption, diarrhea, constipation, indigestion, bloating, pain and discomfort

REPRODUCTIVE SYSTEM

decreased hormone production, decrease in libido, increase in PMS symptoms



9 Foods to help reduce stress

- 1. Brazil nuts contain selenium, which may help to improve mood.
- 2. Fatty fish. Fatty fish, such as salmon, mackerel, sardines, trout, and herring, are high in omega-3
- 3. Vitamin D Rich Foods- Eggs- Eggs also contain tryptophan , which is an amino acid that helps create serotonin. Serotonin is a chemical neurotransmitter that helps to regulate mood, sleep, memory, and behavior
- 4. Pumpkin seeds - Eating potassium-rich foods such, as pumpkin seeds or bananas, may help reduce symptoms of stress and anxiety.
- 5. Dark chocolate- it is a rich source of polyphenols, especially flavonoids. May enhance moods. A 2-14 study found that 40g of dark chocolate helped reduce perceived stress in female students
- 6. Turmeric -Curcumin may help lower anxiety by reducing inflammation and oxidative stress that often increase in people experiencing mood disorders, such as anxiety and depression.
- 7. Chamomile - its anti-inflammatory antibacterial, antioxidant, and relaxant properties. relaxant and anti-anxiety properties come from the flavonoids present in chamomile. A recent study found that chamomile did reduce anxiety symptoms.
- 8. Yogurt- Some research suggests that chronic inflammation may be partly responsible for anxiety, stress, and depression
- 9. Green Tea- contains an amino acid called theanine, which is receiving increasing scrutiny due to its potential effects on mood disorders. theanine has anti-anxiety and calming effects and may increase the production of serotonin and dopamine



What are emotional focused coping Skills and strategies ?

Coping skills , are activities and tactics you used to help you tolerate, minimize, and deal with stressful situations in your life. Managing stress can help you feel better mentally, physically and psychologically.

Emotion-focused coping strategies

- Releasing pent-up emotions.
- Distracting oneself.
- Managing hostile feelings.
- Meditating.
- Mindfulness practices.
- Using systematic relaxation procedures.

Coping Skills Checklist:

1. Check off the ones you do now
2. Circle the ones you want to try
3. Check off the ones that don't work

Movement Skills	Processing Skills	Sensory Skills
Stress Ball, Shuffle cards	Journaling	Use Weighted Blanket
Walk in Nature	Write poetry or song	Eat a crunchy snack
Exercise , Dance	Draw	Sit on a Bean Bag
Yoga	Listen to Music(Play list)	Lay in a Hammock
Jump on trampoline	Use I statements	Take a Body Soak
Swim	Empty Mental Trash can	Stand upside down
Make Something	Write a Letter	Sip through a straw

Other Tips and Strategies for Managing Stress

- Exercise—find what you like to do.
- Eat well and nutritiously.
- Talk with a friend or counselor.
- Get enough sleep.
- Keep up-to-date on medical checkup (yearly exams, wellness check up, dental and eye appointments, etc).
- Avoid alcohol, drugs, and caffeine.
- Make time each day to relax, laugh, and reflect.



Fun Tips to Manage Stress:

- Bake a new recipe. “Self-soothing”
- Art (Painting, Complete a puzzle)
- Play games (Bingo, Chess, Checkers)
- Gardening
- Traveling (Beach)



8 Tips for Brain/Mental Health Improvement

(Anti-inflammatory, Antioxidants, Vitamin and Mineral rich foods includes):

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- 3. Whole grains
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Thank You!





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