

## Mental Health Awareness Month

Each year millions of Americans face the reality of living with a mental health condition. During the month of May, National Alliance on Mental Illness (NAMI) and the rest of the country are bringing awareness to mental health to fight stigma, provide support, educate the public and advocate for equal care.

<http://www.nami.org/Get-Involved/What-Can-I-Do>

It is a reminder for all of us to pause and reflect on our own emotional well-being. Mental Health Awareness Month is a perfect time to call your attention to the Each Aggie Matters program at UC Davis. Please take a moment to check out the link to the campus program as well as the site for the UC Davis School of Veterinary Medicine. The sites offer an opportunity to learn about mental health issues, find out about resources for yourself, family or friends as well as pledge support to help remove stigma around mental health issues.

<http://eachaggiematters.ucdavis.edu/>

<http://www.vetmed.ucdavis.edu/students/clw/wellness/each-aggie-matters/index.cfm>

### ABOUT EACH AGGIE MATTERS

"Each Aggie Matters unites the tens of thousands of students, faculty, and staff at UC Davis in an open and affirming dialogue about mental health. We refuse to stay silent about such an important issue—an issue that impacts us all. Together, we are creating a campus where Each Aggie Matters. Each Aggie Matters is a partner with Each Mind Matters and is supported by the California Mental Health Services Authority (CalMHSA) and Proposition 63, the Mental Health Services Act (MHSA).

### WHY EACH AGGIE MATTERS

We are all different - and that's a good thing! But we have more in common than we realize...

One in four American Adults lives with a diagnosable mental illness in a given year. But fear of judgment, isolation and discrimination may keep them from getting

By Dr. Margaret Rea

the help they need and the support they deserve.

Mental health is as important to our well-being as physical health. In fact, the two are inter-related. As with physical health, we can prevent unnecessary suffering if we can identify mental health challenges early or even prevent them by taking good care of ourselves and each other."

As a professional health science student, you are learning about way to promote your patients' wellbeing all the time. Some of those same resources can be helpful in promoting and supporting your own well-being. The UC Davis Student Health and Counseling Services has organized a selection of apps, free podcasts, books and other materials to support your well-being as a student. They are found at <https://shcs.ucdavis.edu/self-help-library>. You can find information on many topics like anxiety, depression, sleep, substance abuse and eating disorders. Not only, is there helpful educational material, but there also tools to help you cope and manage emotional distress.



### Wellness Events

**Cook Once, Eat Twice:  
Find the Joy in Cooking**  
– Angela Damron  
May 2nd 12:00 – 1:00 pm  
Ed Bldg 1204

**UC Davis Health  
Farmers Market**  
May 4th  
Ed Bldg Outdoor Quad  
The market is back!

**Tai Chi Practice – Sam  
Chan**  
May 10th at 12:05 – 1:00  
pm  
PSSB Auditorium

**UC Walks**  
May 17th at 12:15 pm and  
12:30 pm  
Ed Bldg Outdoor Quad  
Bring walking shoes

**Living Fit Forever  
Classes**  
[http://intranet.ucdmc.  
ucdavis.edu/clinops/  
resources/living\\_fit  
forever.shtml](http://intranet.ucdmc.ucdavis.edu/clinops/resources/living_fit_forever.shtml)

**Work Life and  
Wellness Events**  
[ucdmc.ucdavis.edu/hr/  
wellness/brownbags.  
html](http://ucdmc.ucdavis.edu/hr/wellness/brownbags.html)

**UCDMC Yoga**  
[https://docs.google.com/  
document/  
d/1Gz23GMJbZ  
JDI-  
wzn9g8NxUnia4IFuVsH  
ah4olav7Ow0/edit#](https://docs.google.com/document/d/1Gz23GMJbZJDI-wzn9g8NxUnia4IFuVsHah4olav7Ow0/edit#)

# Mental Health Awareness

The wellness tip for this month is taking a slightly different direction by asking you to take time to reflect on how you are doing with regard to your emotional health. For example, please check in on your level of anxiety or depression and consider reaching out for support. Medical students can access counseling services at [medschoolcounseling@ucdavis.edu](mailto:medschoolcounseling@ucdavis.edu) and

nursing students at [hs-sonwellness@ucdavis.edu](mailto:hs-sonwellness@ucdavis.edu). Students can also always contact Student Health Counseling Services on the Davis Campus at (530)752-2349 for appointments and for urgent issues 24/7. In addition, if you are having thoughts of suicide or are concerned about a fellow student, please call the (530) 752-2349 at Student Health or Sacramento Suicide Prevention at (916) 368-3111.

Please consider visiting the Each Aggie Matters site to review the signs and symptoms of different mental health concerns such as anxiety and depression as a way to identify if you might benefit from making some changes to protect your well-being.

<http://eachaggiematters.ucdavis.edu/educate/#.WQKK1BPYvDA>

Here, for example, is the description of depression:

## Depression

A central feature of depression is feeling down or experiencing a loss of interest or pleasure in normally satisfying activities.

When this is combined with the following signs, the person may be experiencing an episode of major depression.

- Feeling sad, hopeless, worthless and/or excessively guilty
- Significant weight loss when not dieting or weight gain OR decrease or increase in appetite
- Sleeping too little or too much
- Difficulty concentrating, remembering things, or making decisions
- Frequent thoughts of death or planning or attempting suicide

Other forms of depression include dysthymia, adjustment problems, and grief or bereavement.

## What Can Be Done

Having a social support network, people that you can confide in and rely on. Good self-care skills, including allowing time to relax, sleeping enough, exercising, eating properly, and limiting alcohol and caffeine intake, can also help.

Since depression and dysthymia can interfere

with clear thinking, it is important to involve others. Don't try to deal with depression alone. Sometimes people hesitate to seek mental health treatment because they are afraid of social stigma, confidentiality, hopelessness, or because of a misunderstanding of the problem. Treatment can make a difference by reducing the length and severity of a depression. Sometimes, treatment for depression combines psychotherapy with antidepressant medication.

## Monthly Recipe: Zucchini Bread

Eating healthy and well is also another strategy to promote both your physical and emotional health. It was wonderful to find a great healthy recipe for Zucchini Bread from the fabulous UC Davis Department of Integrative Medicine. This is a perfect time to think about cooking with zucchini as we are launching into summer and an abundance of fresh vegetables. Don't forget the Farmer's Markets at the Medical Center opens May 4th. This recipe is delicious and made with no eggs, oil, or refined sugar. "Zucchini and apples make the bread moist, while cinnamon, nutmeg, and ginger give it a comforting, familiar flavor." <http://ucdintegrativemedicine.com/recipes/zucchini-bread/#gs.KLfe4o4>

## Wellness App: Take a Break / Meditate

Mayo Clinic Anxiety Coach

Mayo Clinic Anxiety Coach is a comprehensive self-help tool for reducing a wide variety of fears and worries from extreme shyness to obsessions and compulsions. Anxiety Coach helps you make a list of feared activities and then guides you through mastering them one by one.

Take a Break - Guided Meditations

You can enjoy the deep relaxation, stress relief and benefits of meditation now with this app.