



CONTRA COSTA HEALTH SERVICES WELLNESS TIPS WE ARE ALL IN THIS TOGETHER!



Vol. 1, Issue 105, <https://cchealth.org/wellness>

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LET US REMEMBER TO TAKE CARE OF OURSELVES

By Jenny Guss, MD

Jenny Guss, MD is the Chair of Psychiatry and Psychology at Contra Costa. She graduated from New York University School of Medicine.



*“My favorite wellness tip is to engage in **gratitude**. Studies in the field of positive psychology show that people who often **express gratitude are happier, have greater resilience, and are better connected to those around them.** I try to regularly show appreciation to my colleagues at work. I thank my patients for trusting me to care for them and this reminds me of why I chose to be in health care.”*

May is Mental Health Awareness Month. Since 1949, it has been observed in the US to increase awareness of mental health issues and redress the stigma associated with mental illness. The National Institute of Mental Health reports “nearly one in five U.S. adults live with a mental illness,” based on data from the **2020 National Survey on Drug Use and Health.**

As a **psychiatrist** working in one of our county mental health clinics, patients often tell me how they have suffered with mental health symptoms for a long time before ever seeking help. They tell me how they have tried to keep these problems from their friends and family because they were afraid of the responses they would get. They feel alone. And often turn to substance use to feel better for even a tiny moment, even if it leads to worse consequences and further isolation from the people who care about them.

It has never been more difficult to work in healthcare. *But to provide excellent care for our patients, we first have to remember to take care of ourselves. Our mental health is just as important as our physical health.* I find that the **Wellness Tips** put out by the **CCHS Wellness Team** are an excellent resource. The **Employee Assistance Program (EAP) services** are available through **Magellan Healthcare** at **800-229-8674.**

Take Care of Yourself,
Jenny Guss

Mental Health Awareness Month

Upcoming Events and Ongoing Resources During May and Beyond!



PUTNAM CLUBHOUSE
Mental Health Services



NAMI
National Alliance on Mental Illness



Contra Costa
County

NAMI IN MOTION

SATURDAY, MAY 21ST 9AM-12PM

Todos Santos Park, 2175 Willow Pass Road
Concord

For more info, contact Michele O'Keefe at 1-925-689-4447 or michele@namicontracosta.org or Gigi Crowder at 1-510-990-2670 or gigi@namicontracosta.org

SWEEP AWAY STIGMA

MONDAY, MAY 16TH 9:30AM-2PM

Go to <https://www.putnamclubhouse.org/> for details.

PEER CONNECTION CENTERS

Antioch — 3711 Lone Tree Way
1-925-350-0460
Concord — 2975 Treat Blvd, Suite C-8
1-925-849-4132
San Pablo Site Opening Soon!
Program Manager: Lisa Finch
1-925-804-1902

SAVE THE DATE!

COMMUNITY PARTNERS

ANNUAL SUMMER PICNIC

(IN PERSON!)

FRIDAY, JUNE 24TH

More details coming soon!

MAY 2022 VIRTUAL ZOOM WELLNESS SESSIONS: For you, your friends, and family members (Zoom Link to follow)

-  ○ **Wednesday, May 25, 2022: Asian American, Native Hawaiian, and Pacific Islander Heritage Month Celebration**
Dance to BTS Songs - Dynamite, Butter, Mic Drop, We Are Bulletproof, Life Goes on with Dahrio & Gina Wonder
-  ○ **Tuesday, May 31, 2022: National Meditation Month Celebration**
Community Meditation: Release Unwanted Feelings, A Body Scan Meditation Practice with Jackie Corwin

We care for you. We welcome your Bright Spots, photos, and heartwarming ideas. **Wellness Team Members:** Priscilla Aguirre, Amanda Dold, Patricia Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Kimberly Nasrul, Samir Shah, Sonia Sutherland, Arlene Trimble. *Please share the Wellness Tips with your staff.*