



PEI PULSE

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RIVERSIDE UNIVERSITY HEALTH SYSTEM - BEHAVIORAL HEALTH (RUHS-BH)
PREVENTION AND EARLY INTERVENTION (PEI) NEWSLETTER



FIVE WAYS TO TAKE CARE OF YOUR MENTAL HEALTH THIS HOLIDAY SEASON

We all feel stressed from time to time during the holiday season – there is pressure to attend social events, give gifts, travel, and more that can take a toll on one’s mental health. In fact, a poll conducted by the American Psychological Association found that nearly a quarter of Americans report feeling extreme stress during this time of year and 45% of Americans would prefer to skip the holidays entirely to avoid the associated stress. Stress or anxiety associated with holiday activities can contribute to worsening symptoms. The loss of loved ones, financial stress from lost jobs, and feelings of anxiety because of the uncertainties associated with the pandemic – are all impacting the way people feel. If you feel anxious this holiday season, that’s OK. It’s important that you adjust at your own pace and take care of your mental well-being along the way.

HERE ARE A FEW TIPS FROM MENTAL HEALTH FIRST AID TO HELP YOU TAKE CARE OF YOUR MENTAL HEALTH THIS HOLIDAY SEASON.

- **Focus on what you can control.** The pandemic has changed a lot around us, and it’s OK if you feel anxious as a result. Control what you can to take care of your physical and mental health. If you are nervous about travel requirements, research them in advance so you feel more prepared. If you’re feeling stressed by the media, take a digital break for a few days.
- **Keep healthy habits.** It’s important to keep healthy habits in place no matter your holiday plans. This may include going on a daily walk, getting a good night’s rest, or staying hydrated. Taking care of your physical health can help stabilize your mood, reduce feelings of stress and anxiety, and improve long-term mental well-being.
- **Make time for yourself.** Spending time with family or friends, especially if you have not seen them in the last few years, can be overwhelming. If you need a moment to yourself, try sneaking away to a quiet room or going for an early morning walk.
- **Create new traditions.** It may feel challenging to revert to holiday traditions from 2019, and that’s OK. Create new traditions that work for you and prioritize your mental well-being.
- **Ask for help if you need it.** If you are feeling especially sad, stressed, anxious, or depressed, ask for help. Talk to someone you trust, a mental health professional, or a primary care physician for guidance and support.

Whether you feel excited, nervous, anxious, or stressed (or all of these!) about the coming holiday season, you are not alone. By taking small actions each day, you can #BeTheDifference for yourself and make your mental well-being a priority.

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Riverside University
HEALTH SYSTEM
Behavioral Health

Prevention and Early Intervention

MINDFULNESS TIPS FOR THE HOLIDAYS FROM THE PEI TEAM

Avoid "doomscrolling" or "social media panic" (mindlessly scrolling through negative news articles, social media posts, or other content-sharing platforms) as it negatively impacts our mental health. That can be done by only visiting sites you trust and limiting your intake, redirecting your attention to something else, seeking positivity, and practicing gratitude.

5 Senses Activity is easy to do in our immediate space when we are overwhelmed.

In your space-wherever you are-find the following:

- **5** things you can see
- **4** things you can touch
- **3** things you can hear
- **2** things you can smell
- **1** thing you can taste

We can either write them down, say them quietly to ourselves, or just take mental notes. It helps shift our brain into the here & now.

Deep Breathing: a relaxation technique performed by purposefully taking slow, deep breaths. When practiced regularly, deep breathing provides both immediate and long-term relief from stress and anxiety.

How Deep Breathing Works:

During periods of anxiety, the body triggers a set of symptoms called the stress response. Breathing becomes shallow and rapid, heart rate increases, and muscles become tense. In opposition to the stress response is the relaxation response. Breathing becomes deeper and slower, and the symptoms of anxiety fade away. Deep breathing triggers this response.

Instructions:

Sit back or lie down in a comfortable position. Close your eyes, if you would like to do so. When you're learning, try placing a hand on your stomach. If you breathe deeply enough, you should notice it rising and falling with each inhalation and exhalation.

1. **Inhale.** Breathe in slowly through your nose for 4 seconds.
2. **Pause.** Hold the air in your lungs for 4 seconds.
3. **Exhale.** Breathe out slowly through your mouth for 6 seconds.
 - a. *Tip: Pucker your lips, as if you are blowing through a straw, to slow your exhalation.*
4. **Repeat.** Practice for at least 2 minutes, but preferably 5 to 10 minutes

PEI FUNDING OPPORTUNITIES

Visit the public purchasing website to learn more about the upcoming funding opportunities:
<https://purchasing.co.riverside.ca.us/open-bids>

To get on our PEI notification list and receive this link, email DAGutierrez@ruhealth.org.

INTERESTED IN DOING BUSINESS WITH RIVERSIDE COUNTY?

Register with RivcoPRO today! To request an invite or more info., email RivcoPRO@rivco.org or call (951) 955-3410.

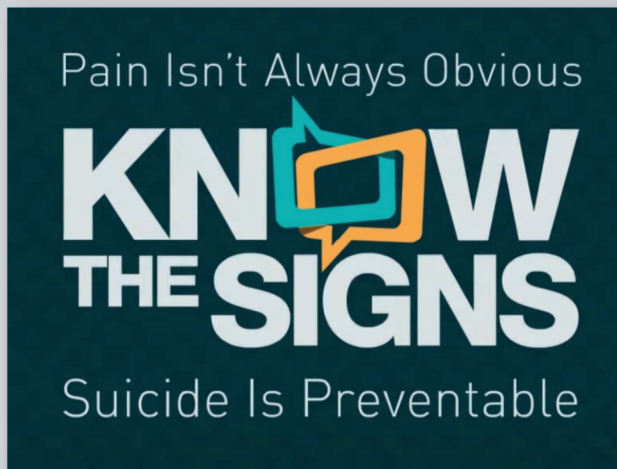
Registration in RivcoPRO is required for vendors to do business with Riverside County and to view/submit for open bidding opportunities. Be prepared with the following when requesting an invite:

1. **Legal Business Name**
2. **Contact Name**
3. **Contact Email**

Registration is open to new and existing vendors.



PARTNERS IN INCREASING AWARENESS



Suicide is Preventable -- *Know the signs*

- Talking about wanting to die.
- Looking for a way to kill oneself.
- Talking about feeling hopeless/having no purpose.
- Talking about feeling trapped or unbearable pain.
- Talking about being a burden to others.
- Increasing the use of alcohol or drugs.
- Acting anxious, agitated, or reckless.
- Sleeping too much or too little.
- Withdrawing or feeling anxious.
- Showing rage or talking about revenge.
- Displaying extreme mood swings.

To learn more, visit suicideispreventable.org.

CRISIS TEXT LINE

TEXT CONNECT TO 741741

HELPLINE

951 - 686 - HELP (4357)

SUICIDE AND CRISIS LIFELINE

800 - 273 - 8255 or 988



Each Mind Matters is now Take Action for Mental Health

Take Action for Mental Health is an evolution of the Each Mind Matters (EMM) campaign. Over the last decade, EMM has had a positive impact on reducing stigma of mental illness and increasing awareness of mental health needs and resources. Take Action for Mental Health builds on this progress and asks Californians to take action to support ourselves and the people we care about. To learn more, visit www.takeaction4mh.com.



The California Mental Health Services Authority (CalMHSA)

CalMHSA is a Joint Powers Authority formed by California counties and cities, focused on the efficient delivery of mental health services and resources. The MHSA PEI component was designed to increase awareness of and access to mental health services, reduce the negative impacts that mental illness can have on a person's well-being, reduce stigma, and prevent suicide. To learn more, visit www.calmhsa.org.



FREE PRESENTATIONS

Building Resiliency and Understanding Trauma is a 2-hour presentation that focuses on understanding and defining trauma and its impact on the brain. Topics include Child Traumatic Stress (CTS), Adverse Childhood Experiences (ACEs), and Adverse Community Experiences and Resilience. Disponible en Español bajo petición.

Mental Health 101 is a 1.5-hour presentation that focuses on mental health issues, stigma reduction, risk and protective factors and local mental health resources. Disponible en Español bajo petición.

Self-Care and Wellness is a 2-hour presentation focused on understanding how stress affects you psychologically, spiritually, interpersonally and physically. Strategies learned help attendees manage stress and build resiliency. Disponible en Español bajo petición.

Know the Signs Presentations is a 2-hour presentation focuses on understanding how to recognize the warning signs of suicide, how to find the words to have a direct conversation with someone in crisis and where to find professional help and resources. Disponible en Español bajo petición.

Applied Suicide Intervention Skills Training (ASIST) is a two-day workshop that equips participants on how to properly respond to someone at risk of suicide. Just as "CPR" skills make physical first aid possible, training in suicide intervention develops the skills used in suicide first aid.

SafeTALK is a 3-hour in-person class that teaches participants how to recognize someone who is having thoughts of suicide and how to connect them to resources.

Mental Health First Aid teaches participants how to support someone developing signs and symptoms of a mental illness or in an emotional crisis.

To register, please visit the link below or scan the QR code.
<https://www.ruhealth.org/behavioral-health/pei-community-education>

For questions, please call 951-955-3448 or email PEI@ruhealth.org.

These trainings are made possible by RUHS BH PEI and funded through the Mental Health Services Act.



CONNECT WITH US

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 @rubsbh

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RUHS BH PEI SEEKS TO:

- Increase community outreach and awareness regarding mental health within unserved and underserved populations.
- Increase awareness of mental health topics and reduce discrimination.
- Prevent the development of mental health issues by building protective factors and skills, increasing support, and reducing risk factors or stressors.
- Increase education and awareness of Suicide Prevention; implement strategies to eliminate suicide in Riverside County; train helpers for a suicide-safer community.
- Address a condition early in its manifestation with relatively low intensity and relatively short duration (less than one year).

To learn more, please visit:
www.ruhealth.org/behavioral-health/prevention-early-intervention.

UPCOMING EVENTS



SUICIDE PREVENTION QUARTERLY MEETING

Save the date!

**Wednesday, January 24, 2024 | 9 a.m. to 11:30 a.m.
Pacific Time (US and Canada)**

Register in advance for this meeting:
<https://ruhealth.zoom.us/meeting/register/tZYuf--gqD8rH9Hi1ZyGu2gpOf4YbGHNxN7K>

After registering, you will receive a confirmation email containing information about joining the meeting.

Quarterly meetings will be held via Zoom.



To learn more about the SPC or to join please scan the QR code or visit
www.rivcospc.org