



NEWSLETTER

October 2023

Community Resources for Mental Well-Being

According to the World Health Organization, there has been a 25% increase in depression and anxiety globally. This month, the Emotional Pillar will focus on the role of community and community health centers in supporting mental well-being. Human health, happiness, and hope are both the product and symptom of the quality of our relationships and our embeddedness in healthy communities. Let us reach out and make a meaningful connection today! The [Collin County Certified Community Behavioral Health Clinic](#) has several community-based programs and [helpful resources](#) to support mental health and develop collective mental health awareness.

For more resources, visit [Mental Health First Aid](#) or the [Mindfulness Committee Canvas course at Collin](#). Take a [five-day mental health challenge](#) with Burnalong, and attend Burnalong's mental health awareness classes, such as "[Boundaries](#)" with Dr. Elliot D. Lasson, "[Social Wellness](#)" with Ashley Grier, and "[Building Mental Strength](#)" with Emmitt Smith.

On World Mental Health Day, Oct. 10, let us pledge to build a mentally healthy community by eating well, sleeping well, walking/running/strolling in nature, exercising, and caring for ourselves! Remember, your community is there for you – cheering on your emotional wellness!

Emotional Pillar

Beware of Money Scams

October is Cybersecurity Awareness Month. Here are some of the most common types of fraud and scams to watch out for and what steps you can take to help keep yourself, your loved ones, and your money safer.

A charity scam is when a thief poses as a legitimate charity or makes up the name of a charity that sounds real to get money from you. *Ask for detailed information about the charity. Look up the charity through their website or a trusted third-party source to confirm the charity is real.*

Scammers may pose as debt collectors or debt relief companies. *Don't provide any personal financial information until you can verify the debt. Avoid doing business with a company that guarantees debt settlement.*

Visit the [Wellness website](#) to read more about types of scams, how to prevent being a victim, and how to report if you are a victim.

Financial Pillar

Focus on family health

With the holidays around the corner, it is important to take care of not just our individual health, but our family and community health. We can do so by working on ourselves: staying physically active and taking care of our mental well-being through breathing exercises or mindfulness practices such as [these](#).

The better we feel, the better our relationships will be with others. There are many ways to work on our physical and mental health, with options for people of all ages and abilities, in groups or individuals. Walking is a great option that improves overall health and decreases the risk of serious disease by 50%. [Aquatic exercise](#) is an excellent option for people of all ages. [Chair yoga](#) is a popular choice for folks with an injury or mobility issue.

When it comes to engaging with others in a positive way, we can lower stress by not taking things personally. The more we employ this strategy, the quicker we can let go of stress and be in better shape to interact with others, thus leading to not just healthier people but a healthier community.

Physical Pillar



What is hidden depression?

When someone is experiencing symptoms of depression and tries to hide their true feelings, it is often referred to as “hidden depression.”

It may be difficult to identify someone hiding depression. Learning to **recognize and help someone with hidden depression** is the best we can do to help a loved one in need or ourselves.

Visit Burnalong to watch a short video on [Depression: Signs, Symptoms and Lifestyle Changes](#). Collin College offers various health and well-being resources for **employees** and **students**.

Enrichment Pillar

Reconnect with Yourself and Others

From Ron Reczek: As a Collin College family, we understand the power and importance of community service and volunteerism. An important aspect of the Wellness Connection Pillar is to bring volunteer connection opportunities to the Collin College family. As employees, we support Collin College values through our community service and volunteer activities. Service to others has positive effects on our mental well-being and attitude toward others. For October, members of the connection pillar are pleased to bring some specific volunteering opportunities and articles showcasing the benefits to your well-being. As a food service and hospitality professional, I know the impact we can have in our community and enjoy volunteering at the [Community Garden Kitchen \(CGK\) of Collin County](#).

Amy Throop has found some quick-to-read articles summarizing the [benefits of volunteering](#), including the [positive impact it can have on those suffering from depression](#). October is also National Breast Cancer Awareness Month, so consider volunteering with the [National Breast Cancer Foundation](#) or the [Susan B. Komen Breast Cancer Foundation](#).

From Michelle Valencia: Your relationship with yourself matters and should be prioritized. It is critical that we treat ourselves well in all aspects – physically, mentally, emotionally, and socially. Investing in self-love is as important as investing in relationships with your friends, family, and community. In addition, negative self-talk and failing to address your own physical, social, and mental needs can lead to depression. Please read more about [how to love yourself and why it matters](#).

Connection Pillar

2023-2024 Wellness Committee

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