Managing Your Distress In The Aftermath Of A Shooting

Are you struggling with fear and feelings around the MSU shooting yesterday and the increase in shootings around the country? We have some tips to help you manage your emotional distress and strengthen your resilience — the ability to adapt well in the face of adversity.

Tips For Coping After A Traumatic Event

Tips For Talking To Kids About Tragic Events
Fighting Fair To A Healthier Relationship

This week many couples around the world are celebrating their romantic relationships. Dr. Greg Mallis from Pine Rest sat down with WZZM13 to share some tips on one of the key aspects of a healthy relationship - good communication; especially when conflict arises.

Dr. Mallis further discusses how, without fair fighting rules, conflict is a little like a football game with no penalties, no referees and no helmets! Consider establishing fair fighting rules for your relationship.

Watch Dr. Mallis' Full Interview on WZZM13

Behavioral Addictions: Why Do I Keep Doing This?

When we hear the word addiction, we usually think about alcohol and drugs. In truth, addiction can take on many forms, like gambling, gaming, unhealthy eating, shopping, etc.

Jessica Fasburg, LPC discusses ways to stop these self-destructive behaviors, including talking to a therapist or participating in a group, such as the Addictive Behaviors Group at Pine Rest. Surrounding yourself with others who understand this complicated issue can be a relief as well as a tool for education.
Teens, Social Media And Eating Disorders

It’s virtually impossible to scroll through social media today without seeing ads promoting various “wellness culture” products. It’s human nature to compare ourselves to others and feel pressured to engage in restrictive weight-loss diets, “eat clean” or exercise strenuously even when we are exhausted. Teens are particularly impressionable; they want to do, eat and measure the same things as their friends.

Anu Allington, LMSW offers valuable tips to help your teen navigate this often-toxic social media landscape.

Get Parenting Tips For Teen Eating Disorders

Racial Trauma In The News
We are often bombarded with imagery and messages throughout the day. Secondhand trauma can occur due to watching or hearing traumatic stories. Many people wonder, “How can I stay informed but also be mindful of my mental health?”

Elizza LeJeune, LMSW has created a simple and quick acronym to offer some tips on how to manage your mental health in the presence of frequent trauma using the acronym, “Take a B.R.E.A.K.”

Meet Adetunji Ojo, RN

"I enjoy supporting and working with all kinds of people," says Adetunji. "And the most rewarding part of my job is when my patients regain focus and take back control of their lives after successful treatment."

A Nigerian immigrant, Adetunji Ojo has been a registered nurse for over 16 years. In the 1990’s, he was working in the auto industry, a time when many jobs were getting outsourced to other countries. He enrolled in nursing school, a career he felt could never be outsourced. He now works as Pine Rest's Director of Nursing at Corewell Health's behavioral health unit in St. Joseph. Adetunji has been married to his wife Katie for almost 24 years and is blessed with two children.
Upcoming Support Groups & Community Classes

FEBRUARY 16: Addictive Behaviors Recovery Group

Cost: $69 per session. Most insurances accepted.

The Addictive Behaviors Group meets twice per week virtually and offers education as well as the opportunity to explore personal concerns. Learn More.

FEBRUARY 20: Intro to Nurtured Heart Approach®

Cost: No Charge

Join Certified Nurtured Heart Approach® Trainer, Allison Brower, LMSW, for a one-hour introduction to learn how The Nurtured Heart Approach® can enrich your life and relationships. Learn More.

FEBRUARY 21: Family & Friends of Aging Adults Support Group

Cost: No Charge

This month’s presenter is Valarie Cook, The Care Team Home Health and Hospice, talking about “Debunking the Myths of Hospice”. This group is designed specifically for those who are caregivers to older adults. Learn More.

Complete List of Available Support Groups & Classes

Mental Health Matters is your connection to the latest mental health news, resources and tips from our experts at Pine Rest and from across the industry. If you find this information helpful and informative, we hope you’ll invite your friends and family to sign up today!