MENTAL HEALTH MATTERS

April is Stress Awareness Month

“The greatest weapon against stress is our ability to choose one thought over another.”

William James, Psychologist

Managing stress is important for your health, relationships, productivity and peace of mind. There’s certainly a lot happening in the world to stress us out. We pulled together a variety of articles from our experts that can be great reminders about stress management and help you refresh your skills or pick up a few new tools for you and your family.

Tips for Managing Stress

9 Daily Habits to Boost Your Outlook on Life
Happiness is an INSIDE job, meaning that our level of happiness is more often in direct relationship to how we think about our life rather than our circumstances. When we take charge of managing both how we think and how we take care of ourselves physically, mentally and spiritually, we have a more positive outlook on life and better overall energy.

9 Ways to Boost Your Outlook on Life

Autism and Mental Health

Many may not know that people who have an autism spectrum disorder have a significantly increased risk for also having a mood disorder such as anxiety, depression or ADHD. Dr. Heide Rollings, the Medical Director of the future Pine Rest Pediatric Center of Behavioral Health, spoke with WZZM this week about autism and mental health.

Watch Dr. Rollings' Interview on WZZM

Understanding & Supporting ASD Families

Substance Use Disorders Rising Among Women
Women face some unique risk factors, causes, symptoms and concerns when it comes to substance use, and need tailored addiction treatment. Pine Rest therapist Kendall Green spoke to WZZM13 about how we can better understand these differences and support women in treatment.

Learn More & Watch Kendall’s Interview

Addiction Treatment Programs at Pine Rest

Upcoming Support Groups & Community Classes
April 29 | Family & Friends of Loved Ones with BPD

Borderline personality disorder (BPD) is a serious mental illness and loving someone with BPD can be confusing, intense, and even painful. The Family and Friends Class is a 4-session educational series offered through Pine Rest’s Northwest Clinic, designed to increase understanding of the illness and equip family and friends with tools for coping effectively.

Deadline to register - April 26. Learn More.

May 24 | Nurtured Heart Approach® Class

1 full-day workshop (in-person)
Southwest Clinic | 9:00 a.m. – 4:00 p.m.

This is a unique opportunity to learn the skills of the Nurtured Heart Approach® in one day and how it can enrich your life and relationships. This class welcomes parents, legal guardians, grandparents, foster parents, other family members, educators and other professionals.

Spots fill up fast; register today. Learn More.

Complete List of Available 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!

Addiction expertise for this exact moment.