Did you know that the food you eat can affect your mental health? According to Mental Health America, an organization that reports up-to-date research, the evidence suggests that good nutrition is crucial not only for our physical health, but our mental health as well. It makes sense that food that helps our body would also help our brain to function well. The evidence also suggests that many mental health conditions may be influenced both positively and negatively by dietary factors.

Mentalhealth.org.uk reports that science indicates that food plays an important contributing role in the management and prevention of specific mental health problems such as depression, ADHD, Alzheimer’s disease, and schizophrenia. Those who report some level of mental health problem also eat fewer healthy foods such as fresh fruit and vegetables, organic foods, and meals made from scratch. Sugary drinks and excessive amounts of caffeine should also be avoided, according to Mental Health America. Caffeine can trigger panic attacks in people who have anxiety disorders. MHA suggests that people who feel they need caffeine could try tea which has lower amounts of caffeine than coffee and has lots of beneficial antioxidants.

Chinook Café Executive Chef Erin Boyle suggests that leafy greens such as spinach can help with depression. Also, kale and other types of salad can aid with increasing a sense of wellbeing. “We always try to serve salad with our meals at the café, no matter what”, says Chef Erin. She adds that “nuts support brain function and increase memory. Dark chocolate is also a great mood booster - it produces serotonin. In addition, bananas also stimulate the hormone that helps with happiness.”

The following foods have been researched and found to correlate with easing difficult emotions and symptoms:  

**Pepper** — Helps with depression  
**Legumes** — Helps with depression/ anxiety and improves energy levels  
**Sweet potatoes** — Eases depression and anxiety symptoms  
**Carrots** — Reduces anxiety  
**Lean proteins** — Helps the nervous system and balances serotonin levels  

**Yogurt** — Reduces anxiety and stress  
**Seeds** — Eases depression  
**Pineapple** — Strong evidence suggests that this food offers the same effects as some antidepressants like Prozac and Zoloft  
**Avocado** — Increases energy and sense of wellbeing
Out and About with the RWC Social Club!

**Billiards at the UMC**

*Tuesday, June 5th*

Leaves RWC at 1:00 pm

Cost is $2.00

Sign-up starts on May 30th!

**Summertime in Ned**

*Saturday, June 9th*

Leaves RWC at 10:30 am

Visit the Mining Museum

Hike the Reservoir

Tour the Shops

And More . . .

Sign-up starts on May 30th!

**Butterfly Pavilion**

*Monday, June 18th*

Leaves RWC at 1:30 pm

$2 discount off your ticket!

Sign-up starts on June 13th!

**Mystery Event**

*Saturday, June 23rd*

Leaves RWC at 10:30 am

Event announced and sign-up starts on June 13th!

**Dead Sea Scrolls**

*Tuesday, July 3rd*

Leaves RWC at 1:30 pm

Sign-up starts June 27th!

Referral and orientation required to go on Social Club outings

For more info, contact Sera Anderson (skanderson@mhpcolorado.org)
RWC Happenings

Safe Harbor

Nondenominational Spirituality Group

Tuesday, June 11th at 10:45 am

Computer Tutoring

at the RWC Education and Resource Lab

Drop In Times:
Monday, Wednesday & Friday
9:00–11:00 am
Tuesdays & Thursdays
1:00–3:00 pm
OR BY APPOINTMENT 303-545-0834

July

Social Event Planning

Wednesday, June 13th
1:00 pm
in the
Computer Lab

Help us choose the Social Events for July!

Life Goals

Wednesdays
11 am – Noon

Topics change monthly!
For more info, contact James at 720-854-8527

Calm Waters

Mindfully connect to nature with poetry...

Mondays 2 - 4 p.m.

No writing experience needed - call James at 720-854-8527 to reserve a spot!

Supported Employment Orientation

Boulder
Ryan Wellness Center
First & third Wednesdays
2:00 pm – 3:30 pm

Benefits Open Hours

Tuesdays: 9-11:30 am & 1-4 pm
Thursdays: 9-11:00 am & 2-4 pm

More info: 303-247-8750
# June 2018

## Chinook Cafe

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<th>Sun</th>
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<tr>
<td>Vegetarian Options Available</td>
<td>Lunch Served 11:30 am—1:00 pm</td>
<td>4 Grilled Cheese &amp; Tomato Soup</td>
<td>5 Enchilada Casserole</td>
<td>6 Breakfast Green Chili Burritos</td>
<td>7 Beef &amp; Broccoli Fried Rice</td>
<td>1 Buffalo Chicken Sandwich</td>
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<td>3</td>
<td>4 Grilled Cheese &amp; Tomato Soup</td>
<td>5 Enchilada Casserole</td>
<td>6 Breakfast Green Chili Burritos</td>
<td>7 Beef &amp; Broccoli Fried Rice</td>
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<td>10</td>
<td>11 Deli Sandwiches</td>
<td>12 Taco Salad</td>
<td>13 Pizza</td>
<td>14 Chicken Tetrazini</td>
<td>15 Beef or Veggie Burger</td>
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<td>17</td>
<td>18 Grilled Flank Steak Salad</td>
<td>19 Ranch Pork Chop</td>
<td>20 Pizza</td>
<td>21 Tuna Salad Pasta Salad</td>
<td>22 BLTs</td>
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<td>25 BBQ Chicken</td>
<td>26 Nachos</td>
<td>27 Pizza</td>
<td>28 Thai Curry</td>
<td>29 Nat’l Waffle Day Waffles!!!</td>
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## June Wellness Calendar

**MONDAY**
- 9-11: Computer Tutoring
- 10:45-11:45: Safe Harbor 2nd Monday Only
- 2-4 Calm Waters Poetry Workshop No Class 6/18

**TUESDAY**
- 9-11:30 and 1-4: Benefits Open Hours
- 11-12: ADHD skills—Smart but Scattered No Class 6/19
- 1-3: Computer Tutoring
- 11:15-3: Creating Wellness through Art No Class 6/19
- 2-3: Yoga

**WEDNESDAY**
- 9-11: Computer Tutoring
- 11-12: Life Goals See back of calendar for topics this month
- 1-2: Stepping in to Work Success
- 2-3 Supported Employment Orientation 1st and 3rd Wednesday of the month

**THURSDAY**
- 9-11 and 2-4: Benefits Open Hours
- 10-12:30: CHAT—Housing Advice
- 11-12 Anxiety and Stress Management No Class 6/21
- 1-3: Computer Tutoring

**FRIDAY**
- 9-11: Computer Tutoring
- 2-4: Hike It Out Please check with the front desk if the weather is unfavorable. No Class 6/15

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**June 2018**

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June 21st is the summer solstice, the longest day of the year! Get out and enjoy that sunshine. And of course, pack some sunscreen.

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**Wellness @ Ryan Wellness Center:**
1000 Alpine, Boulder: 303-443-8500

- Classes are open to adult MHP clients & are drop-in, unless indicated.
- Classes covered by Medicaid. Other insurances & self-pay may have a fee, and cost to participant.
## June Calendar of Events

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<td>RWC Open Late 11:00 Lab Open 11-4 Comp Tutoring</td>
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<td>Summer in Ned 10:30am</td>
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*The Breeze*, a newsletter of the Ryan Wellness Center and Norton Center for Behavioral Health, is a collaborative effort of staff and students of the MHP Supported Training and Education Program, and is designed and printed at the RWC Education and Resource Lab. For more info, contact Bruce Levy at 303-545-0835 (blevy@mhpcolorado.org)