

The Breeze

You Are What You Eat!

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 at the Denver Museum of Nature and Science



Tuesday, July 3rd

Leaves RWC at 1:30 pm

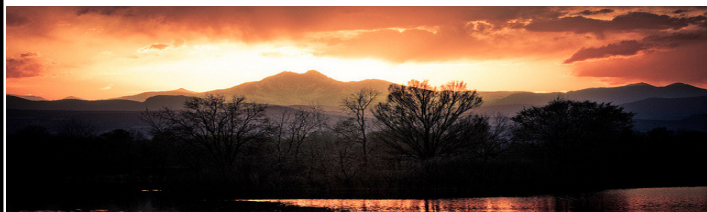
Sign-up starts June 27th!



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

Monday, 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

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|------------------------------|--------------------------------|-----------------------|---|------------------------------|--|-----|
| Vegetarian Options Available | Lunch Served 11:30 am—1:00 pm | | | | 1 Buffalo Chicken Sandwich | 2 |
| 3 | 4 Grilled Cheese & Tomato Soup | 5 Enchilada Casserole | 6 Breakfast Green Chili Burritos | 7 Beef & Broccoli Fried Rice | 8 Beef or Veggie Burger | 9 |
| 10 | 11 Deli Sandwiches | 12 Taco Salad | 13 Pizza | 14 Chicken Tetrazini | 15 Beef or Veggie Burger | 16 |
| 17 | 18 Grilled Flank Steak Salad | 19 Ranch Pork Chop | 20 Pizza | 21 Tuna Salad Pasta Salad | 22 BLTs | 23 |
| 24 | 25 BBQ Chicken | 26 Nachos | 27 Pizza | 28 Thai Curry | 29 <i>Nat'l Waffle Day</i> Waffles!!! | 30 |

June

BOULDER
WELLNESS
CALENDARMental Health
PARTNERS

Healthy minds, healthy lives, healthy communities

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
| 9-11: Computer Tutoring 10:45-11:45: Safe Harbor 2nd Monday Only 2-4 Calm Waters Poetry Workshop No Class 6/18 | 9-11:30 and 1-4: Benefits Open Hours 11-12: ADHD skills—Smart but Scattered No Class 6/19 1-3: Computer Tutoring 1:15-3: Creating Wellness through Art No Class 6/19 2-3: Yoga | 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 | 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 | 9-11: Computer Tutoring 2-4: <u>Hike it out</u> Please check with the front desk if the weather is unfavorable. No Class 6/15 |

June 2018

Su Mo Tu We Th Fri Sat

| | | | | | | |
|----|----|----|----|----|----|----|
| | | | | | 1 | 2 |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |










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



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.

| Sun | Mon | Tues | Wed | Thurs | Fri | Sat |
|---|--|--|---|--|---|---|
| | | | | | 1 Lab Open 8:30-4 Morning Club 9:00 Comp Tutoring 9:00 | 2 |
| 3 | 4 Lab Open 8:30-4 Comp Tutoring 9:00 Calm Waters 2:00 | 5 Lab Open 8:30-4 Comp Tutoring 1:00 Billiards 1:00 pm  | 6 Lab Open 8:30-4 Morning Club 9:00 Comp Tutoring 9:00 Supp. Employment Orientation 2:00 | 7 Lab Open 8:30-4 Comp Tutoring 1:00 | 8 Lab Open 8:30-4 Morning Club 9:00 Comp Tutoring 9:00 | 9 Summer in Ned 10:30am  |
| 10 | 11 Lab Open 8:30-4 Computer Tutoring 9:00  Safe Harbor 10:45 Calm Waters 2:00 | 12 Lab Open 8:30-4 Comp Tutoring 1:00 | 13 Lab Open 8:30-4 Morning Club 9:00 Comp Tutoring 9:00 Social Event Planning 1:00  | 14  RWC Open Late 11:00 Lab Open 11-4 Comp Tutoring | 15 Lab Open 8:30-4 Morning Club 9:00 Comp Tutoring 9:00 | 16 |
| 17 | 18 Lab Open 8:30-4 Comp Tutoring 9:00 Butterfly Pavilion 1:30 pm  Calm Waters 2:00 | 19 Lab Open 8:30-4 Comp Tutoring 1:00 | 20 Lab Open 8:30-4 Morning Club 9:00 Comp Tutoring 9:00 Supp. Employment Orientation 2:00 | 21 Lab Open 8:30-4 Comp Tutoring 1:00 | 22 Lab Open 8:30-4 Morning Club 9:00 Comp Tutoring 9:00 | 23 Mystery Event 10:30 am  |
| 24 | 25 Lab Open 8:30-4 Comp Tutoring 9:00 Calm Waters 2:00 | 26 Lab Open 8:30-4 Comp Tutoring 1:00 | 27 Lab Open 8:30-4 Morning Club 9:00 Comp Tutoring 9:00 | 28 Lab Open 8:30-4 Comp Tutoring 1:00 | 29 Lab Open 8:30-4 Morning Club 9:00 Comp Tutoring 9:00 | 30 |
| <p>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)</p> | | | | | | |