

My Mental Health Newsletter

January 2017

IN THIS ISSUE: TRYING TO LOSE WEIGHT IN THE NEW YEAR? READ THESE TIPS FROM MEGAN AND Yael TO GET YOU STARTED · HAPPY 2017!

COMPASSIONATE CARE BACKED BY SCIENCE

MMH FOLLOWS EVIDENCE BASED PRACTICES, WHICH MEANS WE USE TREATMENTS AND INTERVENTIONS THAT HAVE BEEN THOROUGHLY TESTED AND RESEARCHED. THIS ENSURES THAT WE PROVIDE TREATMENTS THAT BEST HELP OUR CLIENTS REACH THEIR GOALS.

HOW WE HELP YOU

PHYSICIAN ASSISTANTS ARE TRAINED IN MEDICINE AND WORK UNDER THE SUPERVISION OF A PHYSICIAN. THEY PERFORM EVALUATIONS AND ASSESSMENTS, PRESCRIBE MEDICINE, ORDER PSYCHOLOGICAL TESTS AND REFERRALS AS NEEDED, AND ESTABLISH AND MANAGE TREATMENT PLANS.

SOCIAL WORKERS WHO ARE TRAINED IN COUNSELING. THEY HELP INDIVIDUALS DEAL WITH A VARIETY OF MENTAL HEALTH AND DAILY LIVING PROBLEMS TO IMPROVE OVERALL FUNCTIONING AND WELL-BEING.

LICENSED CLINICAL PSYCHOLOGISTS ARE MENTAL HEALTH PROFESSIONALS TRAINED IN DIAGNOSING AND TREATING MENTAL, BEHAVIORAL, AND EMOTIONAL ILLNESSES. THEY USE PSYCHOLOGICAL METHODS AND RESEARCH IN THEIR THERAPY. THEY CAN ALSO PERFORM PSYCHOLOGICAL TESTS TO CLARIFY THEIR PATIENTS ISSUES AND IMPROVE TREATMENT.

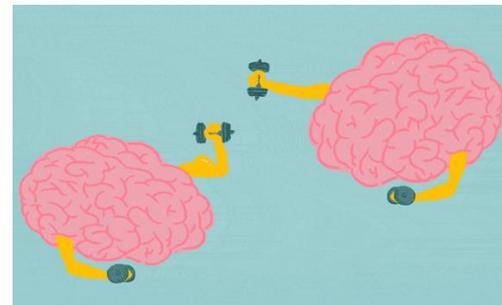
Insurance

MMH PARTICIPATES WITH AETNA, CAREFIRST BLUE CROSS BLUE SHIELD, MAGELLAN, CIGNA, MEDICARE AND TRICARE.



A Message from Dr. Hanita Chhabra MD, Founder and Medical Director of MMH

"Is your New year's resolution weighing you down? Don't let it! Resolutions are a wonderful way to keep yourself moving forward even when the end of the holidays and the long winter days may leave you wishing you could hibernate! Your friends at MMH are here to help. We too are excited for the new year and all the resolutions we hope to achieve at MMH. Let's improve together! Please share any suggestions you have for changes or groups you would like to see at MMH in 2017."



Achieving Your Weight Loss Resolution in 2017

With the celebration of each New Year comes the opportunity to make a New Year's resolution. The most popular resolution of 2015 was to lose weight and it will most likely be popular again for this year. One overlooked aspects of weight loss are thoughts and behaviors that we have surrounding diet and exercise

If you want to improve your weight, it is important to set a "SMART" goal: Specific, Measurable, Attainable, Realistic, and Timely.

Specific & Timely: The goal to "lose 20 pounds" is too vague. Instead, start by setting a goal to go on a long walk twice a week or to decrease the number of sodas you consume daily. Replacing one

Replacing one soda with a glass of water will reduce 250 calories from your daily intake! Over time you may be able to expand your goals, like take a walk 3 times a week or decrease your soda intake to just 1 drink once or twice a week.

Measurable: Set goals that you can measure. Use a calendar - set dates for achievements and track plateaus.

Attainable & Realistic: While it is good to have ambitious goals, they can sometime feel discouraging. Goals should be re-evaluated for appropriateness once progress is made. Set new goals once you've met the initial goals. Setting and meeting smaller goals first builds your confidence and helps you conquer with more ambitious goals.

Glen Burnie
1600 Crain Hwy S
Suite 503
Glen Burnie MD, 21061

Annapolis
900 Bestgate Rd
Suite 102
Annapolis MD, 21401

Columbia
8865 Stanford Blvd
Suite 121
Columbia MD, 21045

For more information

Call: (443) 354 1200
MyMentalHealthTMS.com
facebook.com/MyMentalHealth2016

Diet and Food Tips

It is important to self-monitor. Keep a log of what you eat and when you exercise. This helps you notice patterns in your behavior and identify barriers that get in the way. For example, what time during the day are you more likely to eat a snack? When are you most likely to skip your workout? A progress log will help track these behaviors so that you are able to achieve your goals.

Your behaviors surrounding eating are just as important as what you eat. Certain habits make it harder to make healthy food choices. One common “bad” habit is eating while watching TV. A negative outcome of this is that your brain associates watching TV with consuming food. Leaving you with the urge to eat while watching TV, even if you are not hungry. Another consequence is that it makes it harder for you to eat mindfully.

Eating mindfully means – paying attention to *what* and *how* you eat. Take time to enjoy your food and the company you are with. You may find yourself more satisfied while actually eating less. By eating slowly, it is easier for your body to let you know when you are full. You may not be aware that you are eating even though you may not be hungry. You may find that you are just bored, stressed, or upset instead of hungry. Then find alternative methods to cope with boredom and stress in a positive manner rather than eating. Another unhealthy habit people may have is skipping meals. People often skip breakfast because they are attempting to cut calories. This is counter-productive because skipping meals actually slows down your metabolism. Your body thinks it is going into “hibernation” mode and stores the calories, rather than burn the calories.

Your relationship with food is important to your wellbeing. Maintaining habits such as using food as a reward or conversely feeling guilty about eating junk food, may promote an unhealthy relationship with food. You should allow

yourself to enjoy the food you like in moderation. Some diet plans allow for a cheat day. A cheat day can reinforce the relationship with food and guilt. A healthier option is to allow yourself a small treat every day. If you indulge yourself in a planned treat, like a small piece of chocolate at the end of the day, it may be easier to resist your cravings during the day. This can help you stick with your long-term diet goals.

Exercise Tips

Exercise is helpful for losing weight and maintaining weight loss. Physical activity helps your body and mind. The thought of starting an exercise routine can be overwhelming. Start with more simple things to get you started. For example, take the stairs instead of the elevator, park your car in space further from the building.

Joining a fitness center should provide additional support to obtain your goals. Joining group classes or setting up an appointment with a fitness trainer can help you accomplish your goals. It helps regulate your sleep, improves anxiety and mood. There are also many exercises that you can do from home. There are online and television exercise videos, often at no cost.

Exercise can also benefit your mental health! Working out reduces stress and boosts endorphins - “happy chemicals” in your brain. Also, joining a gym can help you make friends that may have the same goals you have.

Final Thoughts

Having support for your weight loss goals will increase the likelihood of success. Make your friends, family, and co-workers aware of your lifestyle changes, so they can help you accomplish your goals. They may even want to join you on your journey to lose weight. Remember to give yourself the same support and encouragement that you would give a friend.

Many people lose weight because they want to “look” better. When you are

working hard, but haven’t yet seen the changes you want in your body, or when you have lost weight but still feel insecure, it is important to remember all the other ways you are helping yourself! Losing weight will not cure a negative body image, but losing just a few pounds can improve your cardiac/heart function, joint mobility, mood, and decrease inflammation. Even if you aren’t losing weight yet, you are making your body and mind stronger.

Staying positive is key in both losing weight and getting past barriers and plateaus. People have negative ways of thinking about their health and their bodies. We often have an “all of nothing” mentality about eating right and working out. This may mean extreme dieting and exercise regimes. If you don’t allow yourself flexibility or if you beat yourself up over mistakes, you are less likely to maintain your weight loss and healthier lifestyle. We hope that you achieve all your resolutions for the New Year!



Our New Year’s Resolution:
Therapy Groups starting Spring 2017!

Have feedback?

You can message us through Facebook, or anonymously through our website, and we will take your suggestions or concerns into consideration.

Why we love MMH

“Everyone is wonderful. I have never had a team work so closely together and communicate before. Others now go here because I recommended MMH to them. Thank you for everything!” – Storm

In our next newsletter...

With Valentine’s Day coming up, two of our therapists will share their insights on relationships.

Glen Burnie
1600 Crain Hwy S
Suite 503
Glen Burnie MD, 21061

Annapolis
900 Bestgate Rd
Suite 102
Annapolis MD, 21401

Columbia
8865 Stanford Blvd
Suite 121
Columbia MD, 21045