

# Gadsden I.S.D.

## Positive Health Positive Pulse

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#### Health Trends

#### Depression

“Have a holly jolly Christmas it’s the best time of the year”. Tis the season to be jolly cause Santa Claus is coming to town. Jingle bells are ringing. Susie Snowflake is dressed in a snow white gown; and, Rudolph is guiding the sleigh. With all of this happiness, how can anyone be sad or depressed?

Depression is one of the most common mental disorders in the United States. Clinical depression occurs over an extended period of time and is more than the “blues” or a situational period of sadness, emptiness or feeling of loss; which, most experience from time to time. Symptoms of depression can be mild, be a one-time occurrence or may be severe lasting days, months, or years. Symptoms may include: \* feelings of sadness, emptiness, or hopelessness; \* loss of interest/pleasure in once enjoyed activities; \* angry outburst, irritability, or frustration; \* sleep disturbances; \* difficulty concentrating; \* feelings of worthlessness; \* negative view of the world; \* detached from others; \* Suicidal thoughts or attempts.

Risk factors for depression may include: \* personal or family history; \* major life change: \* traumatic or stressful events; \* chronic diseases; \* some medication; \* identifying as gay/lesbian, transgender; \* substance abuse.

There is not one way to treat depression as no two individuals are the same. Talking to a friend or someone who cares may work for mild situational “blues”, while others, may need counseling, the services of a mental health provider or Psychiatrist, medication, or intensive therapy provided in a hospital setting.

If you believe you are depressed, know you are not alone. In the U.S. 16.1 million adults are diagnosed with major depressive disorder and 3.3 million adults suffer from persistent depressive disorder lasting two or more years. If you are suicidal or in need of assistance for depression find a qualified mental health provider. Resources include, but are not limited to:

- <https://findtreatment.samhsa.gov/>
- Suicide Prevention Lifeline @
  - 1-800-273-TALK
- SAMHSA’s National Helpline
  - 1-800-662-HELP (4357)

Resources:  
American Psychiatric Association:  
<https://www.psychiatry.org/patients-families/depression/what-is-depression>

Anxiety and Depression Association of America.  
<https://www.adaa.org/understanding-anxiety/depression>

SAMHSA: <https://findtreatment.samhsa.gov/>

#### Activity Center

#### The more laughter the better the break – laugh more!

Laughter is a natural spontaneous response to sights, sounds, sensations, memories and stimuli found to be humorous. Laughing causes physiologic changes in the body such as the stretching muscles, heart rate, blood pressure and breathing increases sending more oxygen to the tissue. Similar to a cardiovascular workout.

Research shows laughter helps bring the immune system into a balanced state which is helpful for those suffering with chronic illness or stress. Laughter reduces stress hormones which suppress the immune system and increases natural killer cells which destroy tumors and viruses. Negative emotions such as anger, sadness, fear may be stored and not expressed; laughter provides a way for these to be released harmlessly. Laughter is a great way to reduce stress and relieve tension. More and more mental health professionals are recommending laughter therapy which teaches people how to laugh openly as a way to cope in difficult situations. Laughter releases endorphins, the brain chemicals known for their feel-good effect.

What makes you laugh? A funny movie, book, comedians or someone you know. Find your humor!

**What is Forrest Gump's Password?**  
*1Forrest1*

**An older Language Arts Teacher asked the student, "If I say, 'I am beautiful,' which tense is that?"**  
*The student replied, "It is obviously past."*

**Why did Santa take music lessons?**  
*To learn how to wrap.*

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/an-200444567p-1>  
<https://www.psychologytoday.com/articles/200304/the-benefits-laughter>  
<https://www.juicyquotes.com/wp-content/uploads/2016/06/Funny-School-Joke-6.jpg>

#### Nutrition Corner



#### Easy - Cranberry-Pecan Cinnamon Rolls

Preheat oven to 375°F. Coat a 12-cup muffin tin with cooking spray.

#### Cranberry-Pecan Topping.

Mix in a small bowl and divide between the 12 muffin cups.

- ✿ ¼ cp light corn syrup
- ✿ 3 tbsps melted butter
- ✿ 1 cp chopped fresh cranberries
- ✿ 1/3 cp chopped pecans
- ✿ ¼ cp brown sugar
- ✿ 1 tsp cinnamon

#### Batter

Mix ingredients in a clean bowl and divide between the 12 muffin cups.

- ✿ 1 cup white whole wheat flour
- ✿ 1 cup all-purpose flour
- ✿ 2 tbsps sugar
- ✿ 1 tbsps baking powder
- ✿ ¼ tsp baking soda
- ✿ ½ tsp salt
- ✿ 2 tbsps cold butter, cut into pieces
- ✿ 1 cup cold buttermilk
- ✿ 2 tbsps canola oil

Bake 18-20 min until lightly brown around the edges. Cool for 10 minutes, then run a knife around the edges of each to loosen. Place a large serving tray over the pan and invert the rolls onto it. Spoon any topping left in the pan onto the rolls. Serve warm.

Per roll: 220 calories; 10 g fat (4 g sat); 2 g fiber; 31 g carbohydrates; 3 g protein (eatingwell.com)

A healthier breakfast roll.

Enjoy!