

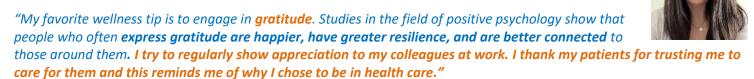


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LET US REMEMBER TO TAKE CARE OF OURSELVES By Jenny Guss, MD

Jenny Guss, MD is the Chair of Psychiatry and Psychology at Contra Costa. She graduated from New York University School of Medicine.



May is Mental Health Awareness Month. Since 1949, it has been observed in the US to increase awareness of mental health issues and redress the stigma associated with mental illness. The National Institute of Mental Health reports "nearly one in five U.S. adults live with a mental illness," based on data from the 2020 National Survey on Drug Use and Health.

As a **psychiatrist** working in one of our county mental health clinics, patients often tell me how they have suffered with mental health symptoms for a long time before ever seeking help. They tell me how they have tried to keep these problems from their friends and family because they were afraid of the responses they would get. They feel alone. And often turn to substance use to feel better for even a tiny moment, even if it leads to worse consequences and further isolation from the people who care about them.



It has never been more difficult to work in healthcare. But to provide excellent care for our patients, we first have to remember to take care of ourselves. Our mental health is just as important as our physical health. I find that the Wellness Tips put out by the CCHS Wellness Team are an excellent resource. The Employee Assistance Program (EAP) services are available through Magellan Healthcare at 800-229-8674.

Take Care of Yourselves, Jenny Guss

MAY 2022 VIRTUAL ZOOM WELLNESS SESSIONS: For you, your friends, and family members (Zoom Link to follow)

- Wednesday, May 25, 2022: Asian American, Native Hawaiian, and Pacific Islander Heritage Month Celebration
 Dance to BTS Songs Dynamite, Butter, Mic Drop, We Are Bulletproof, Life Goes on with Dahrio & Gina Wonder
- Tuesday, May 31, 2022: National Meditation Month Celebration
 Community Meditation: Release Unwanted Feelings, A Body Scan Meditation Practice with Jackie Corwin

We care for you. We welcome your Bright Spots, photos, and heartwarming ideas. Wellness Team Members: Priscilla Aguirre, Amanda Dold, Patricia Hennigan, Helena Martey, Brian M. Johnson, Kristin Moeller, Kimberly Nasrul, Samir Shah, Sonia Sutherland, Arlene Trimble. Please share the Wellness Tips with your staff.