

FEBRUARY 2025

MENTAL HEALTH MONTHLY



WE SEE YOU. WE HEAR YOU. YOU MATTER.

LUNAR CORNER:

THIS YEAR WE ARE TAKING SOME TIME TO FOLLOW THE MOON. THE FULL SNOW MOON WILL MAKE ITS APPEARANCE ON WEDNESDAY, FEB. 12, 2025 AT 8:53 AM EASTERN TIME. WHY IS IT CALLED THE SNOW MOON? IT'S NO MYSTERY FEBRUARY CAN BE A TIME FOR HEAVY SNOW, PER THE OLD FARMER'S ALMANAC. IN THE 1760S, CAPTAIN JONATHAN CARVER VISITED A NATIVE AMERICAN TRIBE AND WROTE THE SNOW MOON WAS SO NAMED "BECAUSE MORE SNOW COMMONLY FALLS DURING THIS MONTH THAN ANY OTHER IN THE WINTER." I GUESS WE'LL SEE IF THIS HOLDS TRUED IN FEBRUARY 2025.



THERAPIST CORNER:

AS AN OFFICE, WE HAVE BEEN DISCUSSING A LOT LATELY ABOUT THE INTRICACIES OF THE BRAIN AND HOW ITS PHYSICAL HEALTH RELATES BACK TO MENTAL HEALTH.

ONE OF THE AREAS WE HAVE FOCUSED ON THIS MONTH IS THE HYPOTHALAMUS.

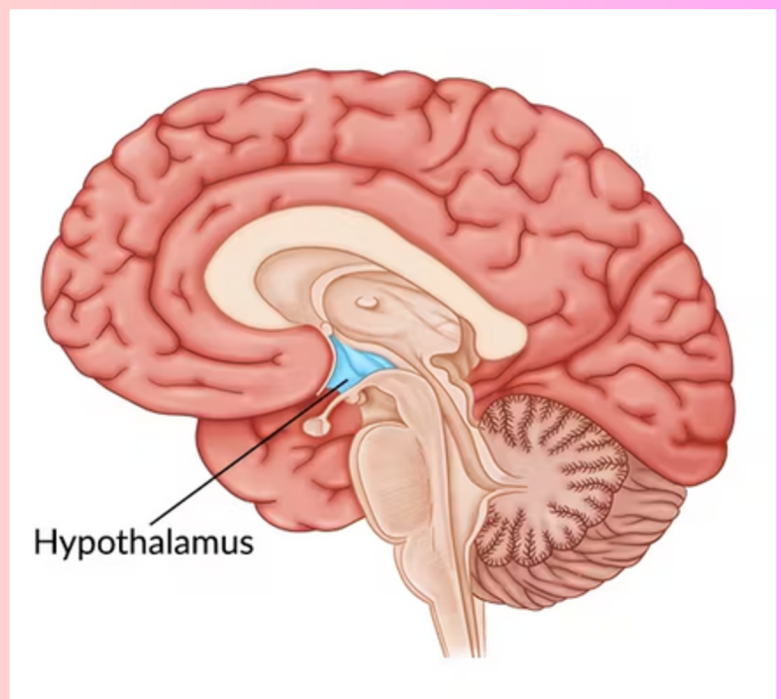
THE HYPOTHALAMUS IS AN AREA OF THE BRAIN THAT PRODUCES HORMONES THAT CONTROL: BODY TEMPERATURE, HEART RATE, HUNGER, MOOD, SEX DRIVE, SLEEP, AND THIRST. IT ALSO CONTROLS THE RELEASE OF HORMONES FROM MANY GLANDS (ESPECIALLY THE PITUITARY GLAND),

HYPOTHALAMIC DYSFUNCTION CAN OCCUR AS A RESULT OF DISEASES, INCLUDING: GENETIC CAUSES, INFECTION OR INFLAMMATION, INJURY AS A RESULT OF TRAUMA, SURGERY OR RADIATION.

BECAUSE THE HYPOTHALAMUS HAS SO MANY DIFFERENT FUNCTIONS, HYPOTHALAMIC DISEASE CAN HAVE MANY DIFFERENT SYMPTOMS, DEPENDING ON THE CAUSE. THE MOST COMMON SIGNS OF AN UNHEALTHY HYPOTHALAMUS INCLUDE A SLOW HEART RATE, INCREASED APPETITE, RAPID WEIGHT GAIN, EXTREME THIRST AND FREQUENT URINATION.

THE HYPOTHALAMUS PRODUCES MANY VITAL HORMONES INCLUDING:

- ANTI-DIURETIC HORMONE
- OXYTOCIN
- CORTICOTROPIN-RELEASING HORMONE
- DOPAMINE
- GROWTH HORMONE-RELEASING HORMONE
- SOMATOSTATIN
- GONADOTROPIN-RELEASING HORMONE
- THYROTROPIN-RELEASING HORMONE



SURGERY, TRAUMATIC BRAIN INJURY, RADIATION AND TUMORS ARE THE MOST COMMON CAUSES OF HYPOTHALAMUS MALFUNCTION. HOWEVER, OTHER POTENTIAL CAUSES ARE:

- MALNUTRITION AND EATING DISORDERS, LIKE ANOREXIA AND BULIMIA
- INFECTIONS AND INFLAMMATION
- HEAD TRAUMA AND BLEEDING
- GENETIC DISORDERS THAT CAUSE BODILY IRON BUILDUP

NATURAL WAYS TO BOOST HYPOTHALAMUS FUNCTION:

- INCREASING CHROMIUM INTAKE IN YOUR DIET. THIS CAN BE OBTAINED FROM FOODS SUCH AS BROCCOLI, POTATOES, GARLIC, ORANGES, TURKEY, APPLES, BANANAS, GRASS-FEE BEEF
- ESSENTIAL OILS: UTILIZING ONES SUCH AS FRANKINCENSE AND MYRRH THAT HAVE COMPOUNDS CALLED TERPENES AND SESQUITERPENES WHICH IMPROVE BRAIN HEALTH THROUGH ANTI-INFLAMMATORY AND ANTIOXIDANT EFFECTS.
- VITEX: AN HERBAL SUPPLEMENT FROM THE CHASTE TREE BERRY THAT HELPS BALANCE FEMALE HORMONES



RIDDLE ANSWER FROM LAST MONTH

**NUMBER PATTERN:
LOOK FOR THE PATTERN, THEN FIGURE OUT THE NEXT
NUMBER IN THE SEQUENCE.**

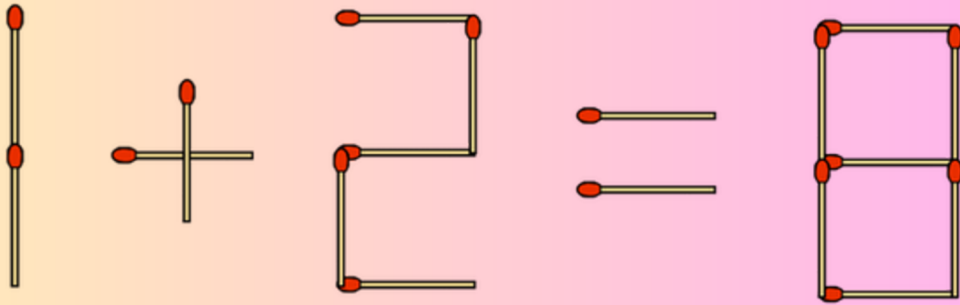
12, 3, 24, 6, 35, 8, 49, 13, 58, 13, 62...?

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THE PATTERN IS ADDING UP THE TWO BLACK NUMBERS, WHICH EQUALS THE FOLLOWING RED NUMBER. SO $1+2 = 3$, $2+4 = 6$, $3+5 = 8$, $4+9 = 13$, $5+8 = 13$ AND FINALLY $6+2 = 8$.

BRAIN TEASER

MOVE ONLY ONE MATCHSTICK TO MAKE THE EQUATION TRUE.



THE FUNNY BUNNY

