

APR 2025

MENTAL HEALTH MONTHLY



WE SEE YOU. WE HEAR YOU. YOU MATTER.

LUNAR CORNER:

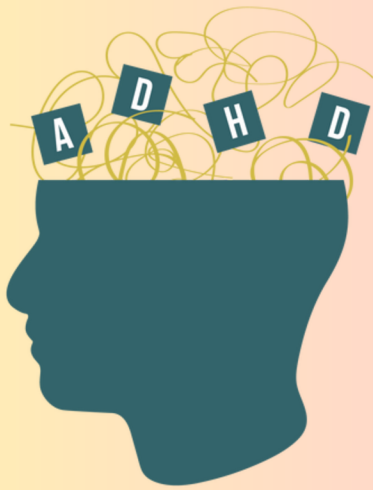


FUN FACTOID: WHAT DETERMINES WHEN EASTER FALLS EACH YEAR?

EASTER IS DETERMINED AS THE FIRST SUNDAY AFTER THE FIRST FULL MOON THAT OCCURS ON OR AFTER THE SPRING EQUINOX (MARCH 21).

HERE'S A MORE DETAILED EXPLANATION:

- **SPRING EQUINOX:** THE SPRING EQUINOX, ALSO KNOWN AS THE VERNAL EQUINOX, MARKS THE BEGINNING OF SPRING IN THE NORTHERN HEMISPHERE AND TYPICALLY FALLS ON MARCH 20TH OR 21ST.
- **PASCHAL FULL MOON:** THE DATE OF EASTER IS DETERMINED BY THE FIRST FULL MOON THAT OCCURS ON OR AFTER THE SPRING EQUINOX. THIS FULL MOON IS CALLED THE PASCHAL FULL MOON, ALSO KNOWN AS THE PINK MOON. IT WILL OCCUR ON APRIL 12TH AT 8:22 PM EDT.
- **EASTER SUNDAY:** EASTER SUNDAY IS ALWAYS THE FIRST SUNDAY AFTER THE PASCHAL FULL MOON. THIS YEAR IT WILL FALL ON APRIL 20TH.
- **ECCLESIASTICAL EQUINOX:** FOR SIMPLICITY, THE CHURCH USES MARCH 21ST AS THE DATE OF THE SPRING EQUINOX, EVEN THOUGH THE ACTUAL ASTRONOMICAL DATE CAN VARY SLIGHTLY.
- **RANGE OF DATES:** EASTER CAN FALL AS EARLY AS MARCH 22ND AND AS LATE AS APRIL 25TH.



HOW ADHD CAN IMPACT PHYSICAL HEALTH

BY: DELANI HAMMONDS MSW, LISW

ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD) IS A MENTAL HEALTH DISORDER THAT IMPACTS EXECUTIVE FUNCTIONING ABILITY. IT CAN MAKE IT MORE DIFFICULT TO KEEP TRACK OF TIME, MAINTAIN FOCUS, SET AND OBTAIN GOALS, CONTROL IMPULSIVITY, MAKE DECISIONS, AND REGULATE EMOTIONS TO NAME A FEW. STUDIES HAVE SHOWN THAT ADHD IS LINKED TO A SHORTENED LIFE EXPECTANCY DUE TO RISKY BEHAVIORS FROM IMPULSIVE DECISIONS AND FORGETFULNESS.

RISKY BEHAVIORS CAN PUT PEOPLE WITH ADHD AT GREATER RISK FOR TRAUMATIC BRAIN INJURIES, ACCIDENTAL INJURIES, PARTNER VIOLENCE IN INTIMATE RELATIONSHIPS, PERPETRATORS OR VICTIMS OF VIOLENCE, SUICIDE, SUICIDAL ATTEMPTS OR IDEATIONS, SEXUALLY TRANSMITTED DISEASES, TEEN PREGNANCY, AND HYPER SEXUAL BEHAVIORS. OTHER IMPULSIVE BEHAVIORS CAN ALSO INCLUDE ADDICTIVE BEHAVIORS AND EXCESSIVE SEDENTARY ACTIVITIES. ALL OF THESE BEHAVIORS CAN LEAD TO A SHORTENED LIFE EXPECTANCY.

FORGETFULNESS CAN ALSO LEAD TO A SHORTENED LIFE EXPECTANCY DUE TO NOT ATTENDING, MAINTAINING OR FOLLOWING UP WITH MEDICAL APPOINTMENTS, THUS LEAVING POTENTIAL LIFE THREATENING CONCERNS UNDIAGNOSED AND/OR UNTREATED. ADHD ITSELF HAS ALSO BEEN CONNECTED WITH INCREASED LIKELIHOOD OF SPECIFIC HEALTH RISKS. THESE INCLUDE, BUT ARE NOT LIMITED TO, FIBROMYALGIA SYNDROME, RESPIRATORY INFECTIONS IN CHILDREN, DISRUPTED SLEEP, ASTHMA, MIGRAINES, GASTROINTESTINAL DISORDERS, AND DIABETES.

THE GOOD NEWS IS THAT ADHD IS A TREATABLE PSYCHIATRIC DISORDER. ADHD CAN BE TREATED WITH MEDICATIONS THAT HAVE STIMULANT AND NON-STIMULANT OPTIONS. SIMPLY PUT, STIMULANTS INCREASE DOPAMINE AND NOREPINEPHRINE, OFTEN PROVIDING QUICKER SYMPTOM RELIEF BUT WITH A HIGHER RISK OF MISUSE, WHILE NON-STIMULANTS PRIMARILY TARGET NOREPINEPHRINE, OFFERING A POTENTIALLY LOWER RISK OF ABUSE BUT WITH A SLOWER ONSET OF ACTION. IN ADDITION, THERAPY CAN HELP WITH IMPLEMENTING COPING SKILLS, ROUTINES, AND IDENTIFYING TOOLS TO HELP MEMORY FOR APPOINTMENTS AND OTHER TASKS.

MONTHLY BRAIN TEASER



HOW MANY EASTER EGGS CAN YOU FIND?

Spring Word Search

	N	L	M	O	R	D	Y	S	M	B	M	O	O	L	B
	N	I	A	R	M	E	L	E	S	E	E	A	W	O	G
	U	O	Y	E	L	O	S	E	A	S	O	N	M	S	S
	L	M	L	I	O	D	N	E	K	L	A	Y	R	P	H
	H	C	T	A	H	I	N	G	Q	L	D	B	R	K	U
	U	T	P	E	H	O	O	D	I	O	O	I	F	C	L
	Y	T	I	S	R	E	T	R	M	D	N	T	R	E	U
	V	W	N	A	O	E	P	J	T	G	N	E	D	X	V
BLOSSOM	E	U	G	R	N	A	D	M	B	R	A	Y	A	T	E
BLOOM	S	L	M	E	U	B	G	R	T	A	S	O	U	P	A
FLOWERS	R	E	F	G	L	C	E	B	T	S	I	R	G	A	S
RAIN	B	A	L	Y	B	A	E	N	O	S	R	E	H	R	T
SHOWERS	Y	A	O	I	K	D	O	O	H	R	E	H	O	H	E
EASTER	U	Y	W	E	M	S	H	O	W	E	R	S	E	D	R
SPRING BREAK	C	H	E	F	A	M	C	L	Y	O	G	D	R	E	S
GRASS	X	L	R	O	V	Z	R	C	O	J	B	R	I	N	O
HATCH	F	I	S	E	A	R	A	K	S	L	E	I	O	E	L
BIRDS	B	L	O	S	S	O	M	C	B	J	W	B	M	O	B
SUNSHINE															
SEASON															
MARCH															
APRIL															
MAY															



LAST MONTH'S BRAIN TEASER SOLUTION

THE OFFICE RECORD FOR STATES IDENTIFIED WAS 46.



THE FUNNY BUNNY



WHY DID THE
EASTER EGG GO TO
THERAPY?



BECAUSE IT WAS
CRACKING UNDER
ALL THE PRESSURE.

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