



MAY IS:

- ◆ Mental Health Awareness
- ◆ ALS Awareness Month
- ◆ Fibromyalgia Awareness
- ◆ Ehlers-Danlos Syndrome (EDS) Month

Mental Health Awareness for Summertime

As May is mental health observance month, it is important to prioritize mental health throughout the year. Winter months are given a priority in mental health awareness due to shorter days and lacking sunshine. However, summer months can also be a time where many struggle with anxiety and depression.

WebMD explains, "SAD typically causes depression as the days get shorter and colder. But about 10% of people with SAD get it in the reverse -- the onset of summer triggers their depression symptoms."

As warmer days approach, the opportunities to be more social is presented. This can cause increased exposure to social anxiety. Cleveland Clinic quotes Psychologist Dawn Potter, PsyD in describing social anxiety.

She states, "Social anxiety is one of those disorders where the name is pretty accurate in describing what it is."

It's anxiety that occurs in a social situation. If you have anxiety that routinely pops up in social situations that causes distress or inhibits you from doing things you want to do, then we might start to consider this a disorder. A person with social anxiety disorder would have frequent anxiety, panic or significant discomfort in a social situation. Then they would want to avoid that situation, or would enter that situation with a lot of distress," she continued.

Several attributes can assist in contributing to social anxiety and depression throughout the summer months. WebMD contributes some of the following factors to decreased mental health:

DISRUPTED SUMMER SCHEDULES: If you've had depression before, you probably know that having a reliable routine is often key to staving off symptoms. But during the summer, routine goes out the window. Also, they state with children out of school, the role of care-taking throughout is also a disrupted routine for many adults.

BODY IMAGE ISSUES: Feeling embarrassed in shorts or a bathing suit can make life awkward, not to mention hot. Since so many summertime gatherings revolve around beaches and pools, some people start avoiding social situations out of embarrassment.

PROGRAM NEWS AND HIGHLIGHTS:

- Summer Mental Health
- Sunscreen Health
- Pharmacy Enrollment
- Fit on 10th Celebrates

EMO appreciates your donations. If you would like to discuss donating today, call us at 304-529-0753. You can donate at emohealth.org by clicking the donate button!

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FINANCIAL WORRIES: Summers can be expensive. There's the vacation, of course. And if you're a working parent, you may have to fork over a lot of money to summer camps or babysitters to keep your kids occupied while you're on the job. The expenses can add to a feeling of summer depression.

No matter the season, no one should struggle with mental health alone. If you or someone you know needs help, please dial 988. You are not alone, and this twenty four hour hotline is always available no matter where you live throughout the United States.

PROGRAM NEWS AND HIGHLIGHTS:

Sunscreen Safety: Throughout the sunny days, EMO is reminding residents of the importance in wearing sunscreen. To prevent further damage from the sun and to help protect against skin cancer, the FDA recommends: 1) Limit time in the sun, especially between the hours of 10 a.m. and 2 p.m., when the sun's rays are most intense. 2) Wear clothing to cover skin exposed to the sun, such as long-sleeved shirts, pants, sunglasses, and broad-brimmed hats. 3) Use broad spectrum sunscreens with SPF values of 15 or higher regularly and as directed. 4) Reapply sunscreen at least every two hours, and more often if you're sweating or jumping in and out of the water.

FARMACY Enrollment: EMO is currently enrolling patients for their 2023 Farmacy Program. The prescription to wellness program will begin Tuesday, June 20, at 4:30 p.m. in the pharmacy. The fifteen week course allows patients to learn about nutritional and healthy eating habits. Each week, every patient receives fresh produce locally grown in West Virginia. To enroll, please call 304-529-0753.

Fit On 10th Celebrates: Thursday, May 25, EMO along with the Huntington YMCA celebrated the success of their Fit on 10th patients. This program allowed patients access to a free YMCA membership. Along with the memberships, patients at EMO gained access to personal training, massages, dieticians, and other valuable resources available through the Huntington YMCA. Each patient who reached milestones were awarded gift cards. In total 68 patients lost a combined 122 total pounds through participating in the Fit on 10th program. EMO is proud of each and every one of you for the commitment you have made to a better and healthier future!

