

GOOD NEIGHBOR SCRIPT™

INSPIRATION FOR LIVING WELL FROM GOOD NEIGHBOR PHARMACY



5 Ways to Support a Friend or Family Member With Mental Illness

Mental health disorders affect one in four people, according to the World Health Organization. The National Council for Behavioral Health reports that 43.8 million people in the United States experience a mental illness each year, and nearly half of all adults will struggle with mental health at some point during their lifetime. What's even more shocking is that nearly two-thirds of people with a known mental disorder never seek help from a health professional.

Stigma, or negative attitudes and perceptions, often stops people from getting the support they need. One study found the perception of people with mental illness as dangerous has increased over time, despite evidence from the American Psychological Association that mental illness doesn't contribute to violence. Unfortunately, many people also believe that mental illness is shameful and people with mental disorders are lazy.

When those with mental health disorders internalize society's negative beliefs, the effects can be toxic, warns the National Alliance on Mental Illness (NAMI), since stigma contributes to greater distress, bullying, isolation and even suicide.

The Power of Compassion

The key to overcoming stigma is compassion. Compassion is defined by researcher Emma Seppala as an emotional response to suffering, which involves an authentic desire to help.

Compassion has many powerful physical and psychological benefits. For instance, meaningful connection with others has been shown to speed up recovery from disease, lengthen one's lifespan, buffer against stress, and broaden one's perspective.

In other words, when you act compassionately, you're able to extend understanding and assistance to others — and experience the mood boost that comes with it. If you know or love someone with a mental disorder, here are ways you can treat them with greater compassion and do your part to dismantle mental health stigma.

1. Practice empathy. Simply validating a person's struggles can be a healing experience. Don't dismiss their

feelings and instead focus on listening with your full attention. Swap sayings like "it could be worse," "cheer up" or "look on the bright side" for more understanding ones such as "it sounds like what you're going through is really difficult." Empathy allows a person to feel seen and talk freely without fear of being judged.

2. Watch your words. Certain language can be offensive to people who live with mental health conditions, so be mindful not to label others. Strike words like "crazy," "psycho," "insane," "disturbed" and "nuts" from your vocabulary when referring to mental health issues. Referring to someone as being "mentally ill" instead of as "a person living with a mental illness" can also have negative impacts. Encourage your loved one to identify themselves by other roles they play, such as spouse, friend or parent, rather than define themselves solely by their condition.

3. Understand the symptoms. Research symptoms of different disorders to gain a better understanding of what the person is going through. For example, a person with depression may struggle to get out of bed. Someone with obsessive compulsive disorder, on the other hand, may have trouble getting places on time because of their anxiety, not because they are irresponsible.

4. Promote outside support. One of the best ways you can foster compassion is by encouraging the person to seek treatment and support. Mental Health America points out that there are many options available, including psychotherapy, medication and complementary and alternative Medicine methods like meditation and yoga. NAMI suggests meeting regularly with a mental health professional, such as a psychiatrist or psychologist, versus relying on a primary care doctor. Support the person in following their treatment plan by offering rides to appointments, providing reminders to take medication or simply providing moral support.

5. Take care of yourself. As the friend or family member of someone with a mental disorder, it's important to take care of yourself, too. Tend to your own emotional and mental well-being so that you can be there for your loved ones when they need you the most.

Health & Fitness 3 Ways to Safeguard Kids from Depression

Depression is often thought of as an adult mental health issue. But children can suffer from depression too, with the incidents increasing with age. According to the Centers for Disease Control and Prevention, 3.2 percent of children ages 3 to 17 have diagnosed depression. Within the 12 to 17 age group, that figure increases to 6 percent.

Several lifestyle factors may increase a child's risk of depression. Here are three ways to safeguard your child's mental health.

Protect their sleep. Not getting enough sleep has been linked to depression and lowered mental health. Depending on their age, school-aged children and adolescents (ages 6 to 17) need between 8 to 11 hours of sleep each night, according to the National Sleep Foundation.

Ensure they get daily exercise. Research published in Psychology of Sport and Exercise suggests that lack of physical activity may contribute to a child's risk of depression. The Physical Activity Guidelines for Children & Adolescents recommends children age 6 to 17 get 60 minutes or more of moderate to vigorous daily exercise. When possible, exercise outdoors. Time spent in nature may provide a variety of mental health benefits, such as lowering stress levels.

Limit their screen time. Kids who spend seven or more hours daily on screens (outside of schoolwork) are twice as likely to have depression or anxiety than kids who get only an hour, according to a study published in "Preventive Medicine Reports". To create a healthy media plan for your family, use the Media Time Calculator at healthychildren.org.

When feelings of sadness occur on a daily basis, it may be a sign your child is depressed. Talk with your child's doctor about getting them the mental health help they need. Concerned your child is at risk for suicide? Get help immediately by calling the National Suicide Prevention Lifeline at 1-800-273-8255 or texting the Crisis Textline at 741741.



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Prep Time
10 minutes

Cook Time
25 minutes

Total Time
35 minutes

Serves
3

May Recipe

Cold Soba Noodle Salad with Crispy Tofu, Asparagus and Scallions

Cold noodle salad might not be a staple in your household, but this recipe proves that it's an easy and versatile weeknight dinner option. Crispy tofu is the perfect addition to savory sesame noodles.

Ingredients

- 1 14-ounce package extra-firm tofu
- 3 tablespoons canola oil, divided
- 3 teaspoons sesame oil, divided
- 2 tablespoons all-purpose flour
- Salt
- 1 bunch asparagus
- 1 bunch scallions
- 1 pint cherry tomatoes
- 8 ounces uncooked buckwheat soba noodles
- ¼ cup soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon sesame seeds
- ¼ cup cilantro leaves

Tools

- Cutting board
- Chef's knife
- Sheet pan
- Paper towels
- 2 large mixing bowls
- 1 small bowl
- Large pot
- Colander
- Fork or whisk

Instructions

1. Cook the tofu.

Heat the oven to 400 degrees. Drain the tofu and cut it into rough half-inch squares. Spread the cut tofu on a paper towel-lined sheet pan, then cover it with another layer of paper towels. Use your hands to press as much liquid as you can out of the tofu. Dry the sheet pan. In a large mixing bowl, stir together 1 teaspoon sesame oil and 1 tablespoon canola oil. Add the tofu to the bowl and toss it to coat with oil. Add the all-purpose flour and season with salt. Toss to coat the tofu. Spread the tofu over the sheet pan, leaving any excess flour behind in the bowl. Bake until crispy and lightly browned, 20 to 25 minutes.

2. Prepare the vegetable mixture and dressing.

Trim the woody stems from the asparagus. Thinly slice the stalks, leaving the textured tips whole. Put the cut asparagus in a small bowl and set it aside. Trim the root of the scallions, then thinly slice the whites and greens. Halve the cherry tomatoes. In a large mixing bowl, combine the soy sauce, rice vinegar, sesame seeds, remaining 2 tablespoons canola oil and remaining 2 teaspoons sesame oil. Add the scallions and tomatoes, and toss everything together.

3. Cook the noodles and finish the salad.

Rinse the large mixing bowl and fill it with a mixture of cold water and ice. Boil a large pot of lightly salted water. Add the soba noodles and cook for 8 minutes. In the last 30 seconds of cooking, add the cut asparagus. Drain the noodles and asparagus in a colander, then let them sit in the ice water for a minute. Drain them again. Add the noodles to the large mixing bowl with the vegetables and sauce. Add the warm, cooked tofu. Toss everything together.

4. Serve.

Divide the noodle salad into three bowls. Garnish with cilantro leaves.

Kids Can!

- Press the tofu.
- Toss the tofu with flour and spread it on the sheet pan.
- Make the sesame-soy sauce.
- Toss the noodle salad together.
- Pick the cilantro leaves.

Ask a Pharmacist How Can My Pharmacist Help Increase My Awareness of Risk Factors for Stroke?

Pharmacists are wonderful resources for gaining insight into and an understanding of medication, disease states and risk factors for cardiovascular disease (CVD) and stroke. Pharmacists can provide education to increase patient understanding in multiple ways, such as private consultation and handouts or visual aids. This education includes how to reduce the risk of stroke, a review of over-the-counter medications that may increase stroke risk by increasing blood pressure, medications that may interact with others currently prescribed and medications prescribed to treat other conditions that may cause issues related to stroke and CVD (such as hormone replacement therapy, weight loss therapy, etc.).



Travis Hale
Pharmacist
Remington Drug Co.
Remington, Virginia

In addition to education, pharmacists can perform point-of-care testing, such as cholesterol screening and blood pressure checks. Screenings can identify any problems and provide an opportunity for the pharmacist to educate the patient and refer them for medical evaluation.

Pharmacists are also knowledgeable and can provide support for living an overall healthy lifestyle through tobacco cessation and weight loss, both of which help decrease the risk of stroke. Pharmacists' accessibility and knowledge make them the ideal healthcare provider to seek out for providing increased awareness and identification of risk factors for stroke and CVD.

The views and opinions expressed above are those of the author and do not necessarily represent that of AmerisourceBergen Drug Corporation. The content is for informational purposes only, and is not intended to diagnose, prescribe or treat any health condition and should not be used as a substitute for consulting with your health professional.

Local Love
Sniteman Pharmacy
NEILLSVILLE, WISCONSIN

"Our patients are our friends and neighbors and we care about them."



How many years has Sniteman Pharmacy been in business?

Sniteman Pharmacy has been in business since 1882, operating under the same name and in the same building the entire time!

What has been the most significant change within your pharmacy over the past five years?

The most significant change within our pharmacy over the past five years has been the enhancement in services that we provide. In addition to traditional dispensing, we offer immunizations, medication synchronization, medication therapy management, compliance packaging and more!

What are your favorite ways to get involved with your community?

Our favorite way to get involved within the Neillsville Community is by trying to be active within community organizations such as the Optimist Club and by serving as a board member for both our local food pantry and the Clark County Department of Health. We do our best to provide donations and sponsorships for local events and organizations and support other local businesses by doing our shopping in Neillsville.

How do your patients and community shape your offerings? What keeps your patients coming back?

The demographic of patients that we service is elderly and rural. Medication synchronization has made it more convenient for our patients and has reduced our postage costs for mailing out prescriptions. We deliver prescriptions locally, which benefits our disabled and elderly patients. Our community and patients have been supportive and enthusiastic as we have expanded our services over the past years. Once they are educated about the benefits of comprehensive medication reviews, medication synchronization and vaccinations, they begin to take advantage of these services.

What do you think your patients love most about your pharmacy?

The majority of our patients love our customer service. We provide prescriptions quickly and we communicate effectively as to why a prescription can't be filled and the steps we are taking to help that patient.

What does Locally Loved mean to you?

Locally Loved means that while patients always have a choice, whether that be a chain or mail order, they choose Sniteman Pharmacy because we go above and beyond other retail pharmacy settings. *Locally Loved* means they appreciate our service and know that our patients are our friends and neighbors and we care about them.