

TADISO TIMES

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IMPORTANT NEWS

The floater group is discontinued as of April 1. We will begin the group again, if needed. Please attend your counseling sessions so you can acquire take home medication privileges and we will not have a need for the 2pm group.

Do you have a friend in need of methadone or suboxone??

Refer them to Tadiso and receive a \$25 gift card.

Tell them to give your name to the intake counselor.

April 1—7 is Public Health Week

Public health promotes and protects the health of all people and their communities. At Tadiso, 2 public health educators are employed to assist you with your physical health and wellness needs. Victoria and Ashley work in the Wellness Department and have Master's Degrees in Public Health.



April is National Minority Health Month from the CDC

April is National Minority Health Month (NMHM), a time to raise awareness about the importance of improving the health of racial and ethnic minority communities and reducing health disparities.

Be the Source for Better Health—

Builds awareness about the disproportionate burden of premature death and illness in people from racial and ethnic minority groups.

Encourages action through health education, early detection and control of disease complications.

This year's theme, Be the Source for Better Health: Improving Health Outcomes Through Our Cultures, Communities, and Connections, highlights the important role of diverse communities, organizations, and individuals in organizations in achieving the mission.



Coping with Stress

Many of us are facing challenges that can be stressful and overwhelming. Learning to cope with stress in a healthy way will help you, the people you care about, and those around you become more resilient.

Stress can cause the following:

Feelings of fear, anger, sadness, worry, numbness, or frustration.

Changes in appetite, energy, desires, and interests.

Trouble concentrating and making decisions.

Nightmares or problems sleeping.

Physical reactions, such as headaches, body pains, stomach problems, or skin rashes.

Worsening of chronic health problems and mental health conditions.

Increased use of alcohol, illegal drugs (like heroin, cocaine, or methamphetamine), and misuse of prescription drugs (like opioids).

Here are some ways you can manage stress, anxiety, grief, or worry:

- Take breaks from news stories, including those on social media. It's good to be informed, but constant information about negative events can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, TV, and computer screens for a while.



- Make time to unwind.
- Take deep breaths, stretch, or meditate.
- Try to do some other activities you enjoy.
- Connect with others. Call your counselor or RSS.
- Talk with people you trust about how you are feeling.
- Connect with your community-based or faith-based organizations.

- Take care of your body: Staying physically healthy can improve your emotional well-being. Here are some ways to improve your health:

⇒ Eat healthy. Have fruits and vegetables, lean protein, whole grains, and low-fat or no-fat dairy. Limit foods with unhealthy fats, salt, and added sugars.

⇒ Get enough sleep. Go to bed and wake up at the same time each day to help you sleep better. Adults need 7 or more hours per night.

⇒ Move more and sit less. Every little bit of physical activity helps. Start small and build up to 2 ½ hours a week. You can break it into smaller amounts such as 20 to 30 minutes a day.

⇒ Limit alcohol intake.

⇒ Avoid using illegal drugs or prescription drugs in ways other than prescribed. Don't take someone else's prescription. Substance use treatment is available, and recovery starts with asking for help.

⇒ Avoid smoking, vaping, and the use of other tobacco products. People can and do quit smoking for good.

⇒ Continue with regular health appointments, tests, screenings, and vaccinations.

