



TOTAL HEALTHCARE HOLIDAY NEWSLETTER



TIPS FOR SEEING FRIENDS AND FAMILY

- Get tested beforehand
- Wear a mask
- Socially Distance (6ft away)
- Wash hands and avoid touching your face
- Stay home if you feel sick or have been exposed to someone with COVID-19

NEW YEAR'S RESOLUTIONS

Picking the right resolution is important. Pick a goal that you think will be challenging but attainable. Utilize the SMART goal method when developing your resolution. Specific, Measurable, Achievable, Relevant, Time-bound

Healthy Recipe for the Holidays

Chicken Fajitas – can be served with brown rice, whole wheat tortillas, on top of lettuce/spinach for a salad, or plain. Makes 6 servings

INGREDIENTS

- 1/2 c. plus 1 tbsp. extra-virgin olive oil - 1/4 c. lime juice, from about 3 limes
- 2 tsp. cumin
- 1/2 tsp. crushed red pepper flakes - 1 lb. boneless skinless chicken breasts
- Kosher salt - Freshly ground black pepper
- 2 bell peppers, thinly sliced - 1 large onion, thinly sliced



Directions: In a large bowl, whisk together ½ cup oil, lime juice, cumin, and red pepper flakes. Season chicken with salt and pepper, then add to bowl and toss to coat. Let marinate in the fridge at least 30 minutes and up to 2 hours. When ready to cook, heat remaining tablespoon oil in a large skillet over medium heat. Add chicken and cook until golden and cooked through, 8 minutes per side.

Let rest 10 minutes, then slice into strips. Add bell peppers and onion to skillet and cook until soft, 5 minutes. Add chicken and toss until combined. Serve with brown rice, whole wheat tortillas, on top of lettuce/spinach for a salad, or eat alone.

SUPPORTING THE MENTAL HEALTH OF YOUTH DURING COVID-19

The truth of the matter is this can be tough. Our youth are particularly vulnerable during these times of aggressive change and challenges. Many of them are missing their friends, their routines, and important milestones such as proms and graduations. Preserving the mental health of our Black youth is important.

Black youth between the ages of 5-12 have been seeing increases in suicides while the rates of white children in the same age range have declined. Also, suicidal thoughts and attempts have increased for our Black adolescents in recent years as well. Our support, attention, nurturing, and advocacy are all important to them being able to thrive.

Having trusted adults and friends in their lives are protective factors against negative outcomes such as suicide. While many of us fight to advocate for them and to dismantle systems that work to keep our people oppressed in arenas such as education, health care, and criminal justice, we should always keep an eye on their mental health. I want to provide a couple ways to support youth during this time.

1. Ask them how they're doing - We know this question is usually met with the simple answer of "fine," but it reminds them that there is someone who they can talk to whenever they do feel like sharing more. As a strategy to get more detailed information, consider asking them "what are the three emotions you felt the most today?" It might feel weird for them at first but after a while, it may break the fear for expressing feelings and normalize self-check-ins.
2. Be aware of changes in patterns of behavior - During COVID-19, we've all spent more time around our children. Notice if their behavior is changing and if they're becoming more irritable, aggressive, or taking more risk than normal. Check in when you notice these behaviors. If they don't want to talk to you, encourage them to talk to a trusted friend, family member, or trusted adult, such as a coach, about it.
3. If they are willing to share, listen without judgment - Listen, this is hard! As parents we want the best for our kids and we want to be able to save them from EVERYTHING. Opening up can be hard for them and if they feel like we aren't listening, they may not open up again. Affirm their feelings, empathize with them, repeat what you hear to clarify understanding so they feel heard.
4. Take care of yourself - you can't be all you need to be for them if you're not being all you need for yourself. Do some self-care such as, meditation, exercise, rest – whatever works for you. Even if you're working from home right now, take a day off to relax and recharge. It'll help your patience levels.



*Brandon J. Johnson - Founder
The Black Mental Wellness Lounge*



Brandon J. Johnson, M.H.S. is mental health expert and the founder of The Black Mental Wellness Lounge. The Black Mental Wellness Lounge is a hub for Black mental health resources, supports, conversations, and advocacy! We'll be addressing all things Black mental health from trauma healing, self-care care, racism and discrimination, and therapy. **Click below to visit Youtube for more of The Black Mental Wellness Lounge**



COURAGE AND COMMITMENT

Thank you to our incredible community outreach staff that has been fighting the COVID-19 Pandemic on the front lines and behind the scenes. Your commitment towards treating and helping the community is truly appreciated!

THANK YOU TO OUR STAFF

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Remembering Mary Helen Burgess The Visionary of Total Health Care

