

Spring into April: Newsletter



@truecareusa



True Care Mental Health Clinic LLC

Changing with the seasons:

Eating seasonally is wonderful for immune system support all year round. Here are some fruits and veggies to look out for come Spring in New Jersey!

- Arugula
- Asparagus
- Bok Choy
- Dandelion Greens
- Kale
- Leeks
- Mustard Greens
- Spinach
- Strawberries
- Turnips

Seasonal food is often fresher and more nutrient dense. In addition to these benefits, eating what's in season is eco-friendly too! Buying local, in season produce means less impact on the environment and supporting our local farmers.

Therapeutic benefits of spending time in nature

- The part of our brain that experiences a focus of negative emotions under stress (prefrontal cortex) has been shown in studies to benefit from simply walking in nature.
- Even simulated nature sounds have proven to help lower blood pressure and the stress hormone, cortisol.
- Incorporating time in nature to your daily or weekly routines is beneficial for depression, anxiety, and PTSD.
- The type of nature does not matter! Tropical, desert, or forest, whichever you have access to as long as it is not an urban setting.
- Nature can have a powerful effect on our mental states if we allow it.

New in the community:

"The free little pantry" is up and running thanks to Bloomfield Public Library!

This is located outside of the library (**90 Broad St. Bloomfield, NJ 07003**) full of non-perishable foods in effort to assist those in the community with food insecurity. Stop by if you are in need, or if you are able to donate!

"The promise of Spring's arrival is enough to get anyone through the bitter winter"

-Author Jen Selinsky



Parenting during the pandemic:

More parents now than ever are at home dealing with careers and children all at once. Here are some more tips (check our previous newsletters for previous tips!) on how to properly use consequences.

-It's okay to be flexible, we're only human! Setting unrealistic expectations is setting everyone up to fail. For example, setting a time limit is a flexible way to meet in the middle. "I know you're in the middle of your video game, so I need you to do the dishes within the next hour."

-Take away privileges when rules are broken. TV or phone privileges can be a very effective. However, avoid taking away anything that is beneficial to your child's growth and learning. Remember- a privilege is an *extra* not a need.

-Don't give up your leverage as a parent. When rules are broke, it can be appropriate to take away a privilege. This being said, you do not want to take everything away. We do not recommend putting your child in a position where they feel they have nothing to lose.

-Choose your battles! Say your child has picked up the clothes, and put them away, but they aren't neat or organized. Let it go and celebrate the good in what they did do rather than focusing on the details of what they failed to do.

Simple DIY granola bars:

Granola bars bought pre-packaged are often full of refined sugar, but they are super easy & inexpensive to make at home! This recipe will be for the base of granola bars, and you can add whatever you like into the mix or on top! Some ideas include: dried fruit, nuts, seeds, chocolate chips.

Ingredients:

2 ½ Cup oats

1 Cup nut butter of choice (peanut, cashew, almond, or choose sunflower seed butter as a nut free alternative!)

½ Cup natural sweetener of choice (honey, agave, maple syrup)

1 tsp vanilla extract

½ tsp sea salt

½ tsp cinnamon

Directions:

-Combine all ingredients in a mixing bowl until smooth

-Add in your extras! Nuts, seeds, dried fruit etc.

-Line a baking dish with parchment paper (the size is up to you- a larger dish will result in thinner granola bars and a smaller dish will make thicker bars)

-Press the granola mixture firmly into dish making an even layer

-Use a second piece of parchment paper on top of granola and press down to flatten bars. Using the bottom of a measuring cup to flatten helps!

-Chill for one hour, slice into bars, and enjoy! Store bars in fridge.

Reminder

With the warmer weather approaching, and more people getting vaccinated it can be easy to forget about safety during the ongoing pandemic. Please continue to wear a mask, wash your hands, social distance, and avoid social gatherings or travel. Even if you are vaccinated these rules still apply! Check cdc.gov and nj.gov regularly for the most up to date information for New Jersey cases and transmission rates. Keep in mind that "Spring Break" last year caused a spike in cases across the country. Stay safe!



See you next month!