



Charles E. Smith
LIFE COMMUNITIES

Mindfulness & Mental Health

Presented by Sydney Palinkas, Community Educator



Charles E. Smith
LIFE COMMUNITIES

Charles E. Smith Life Communities

- Post Acute Care Center
- 2 Independent Living Buildings
- Assisted Living Apartments
- Memory Care
- Nursing Home
- Hirsch Health Center



Client Services

- Language-accessible helpline
 - Monday – Friday: 9am – 5pm
 - 301-816-5099
- Temporary, safe shelter



Services in Shelter

- Medical
- Psychological
- Physical, occupational and/or speech therapy
- Spiritual support
- Social Services (safe discharge)
- Legal referrals
- Specialized trauma therapy
- Holistic Therapy

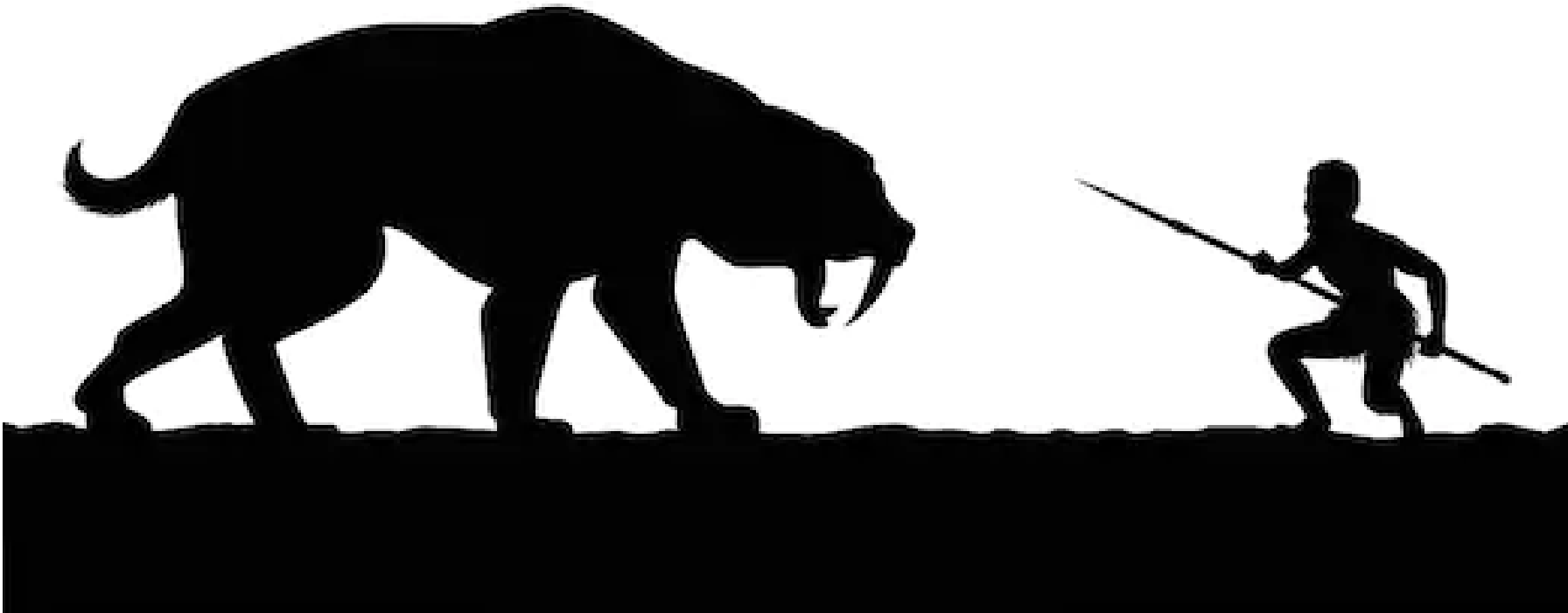




The 5 Senses: Grounding Exercise



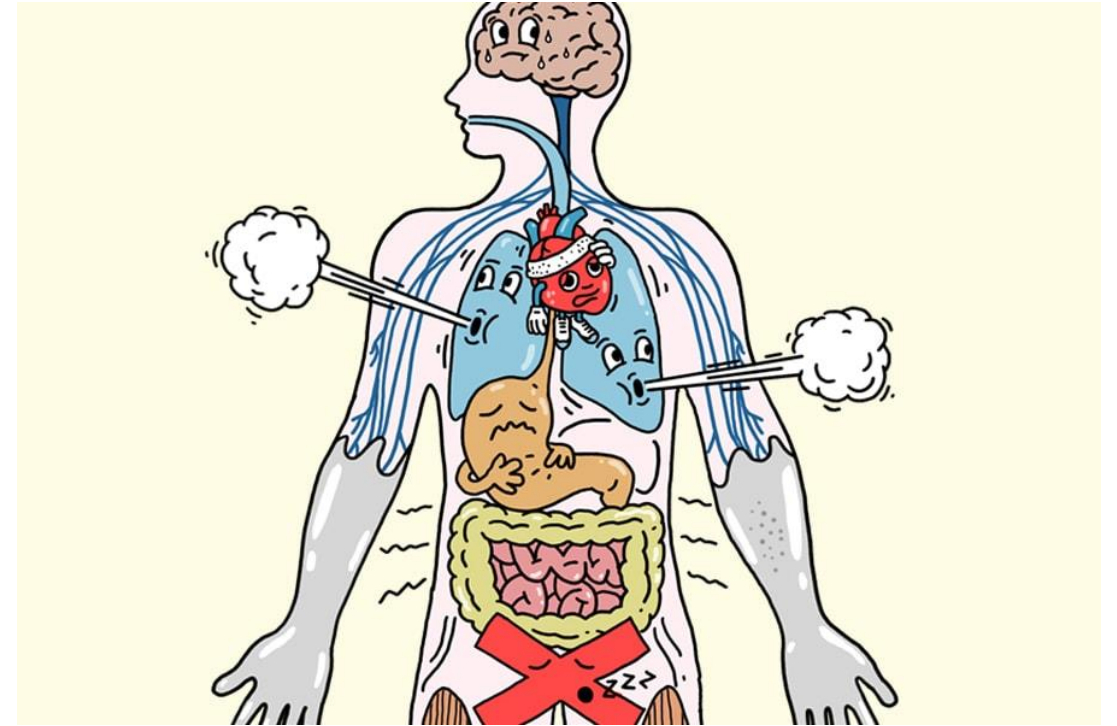
How our bodies react to stress?



Symptoms of Stress

Physical Symptoms

- Aches and pains
- Body feels tense or tight
- Diarrhea or constipation
- Nausea, dizziness
- Chest pain, rapid heart rate
- Dry mouth
- Loss of sex drive
- Frequent colds or flu
- Cold hands and / or feet



Symptoms of Stress

Cognitive Symptoms

- Memory problems
- Inability to concentrate
- Poor judgement
- Only able to see the negative in a situation
- Fuzziness
- Racing thoughts
- Constant worrying



Symptoms of Stress

Emotional Symptoms

- Depression, hopelessness
- Anxiety and agitation
- Moodiness, irritability, or anger
- Feeling overwhelmed
- Loneliness and isolation
- Decreased patience
- Inappropriate reactions



Symptoms of Stress

Behavioral Symptoms

- Eating more or less
- Sleeping too much or too little
- Withdrawing from others
- Procrastinating or neglecting responsibilities
- Nervous habits (e.g. nail biting, pacing)
- Snapping or short temper

How Do You Experience Stress?

Negative Coping Strategies for Stress



The Effects of Chronic Stress

- Depression, anxiety, substance abuse disorders
- Chronic pain
- Digestive Issues, malnutrition, weight problems
- Heart Disease

1. Limit Your Exposure to the News



2. Stay Connected to Family and Friends



3. Have a Routine



4. More Nature, Less Screens



5. Stay Active!



6. Eat healthy foods!



7. Be Creative!



8. Take Control



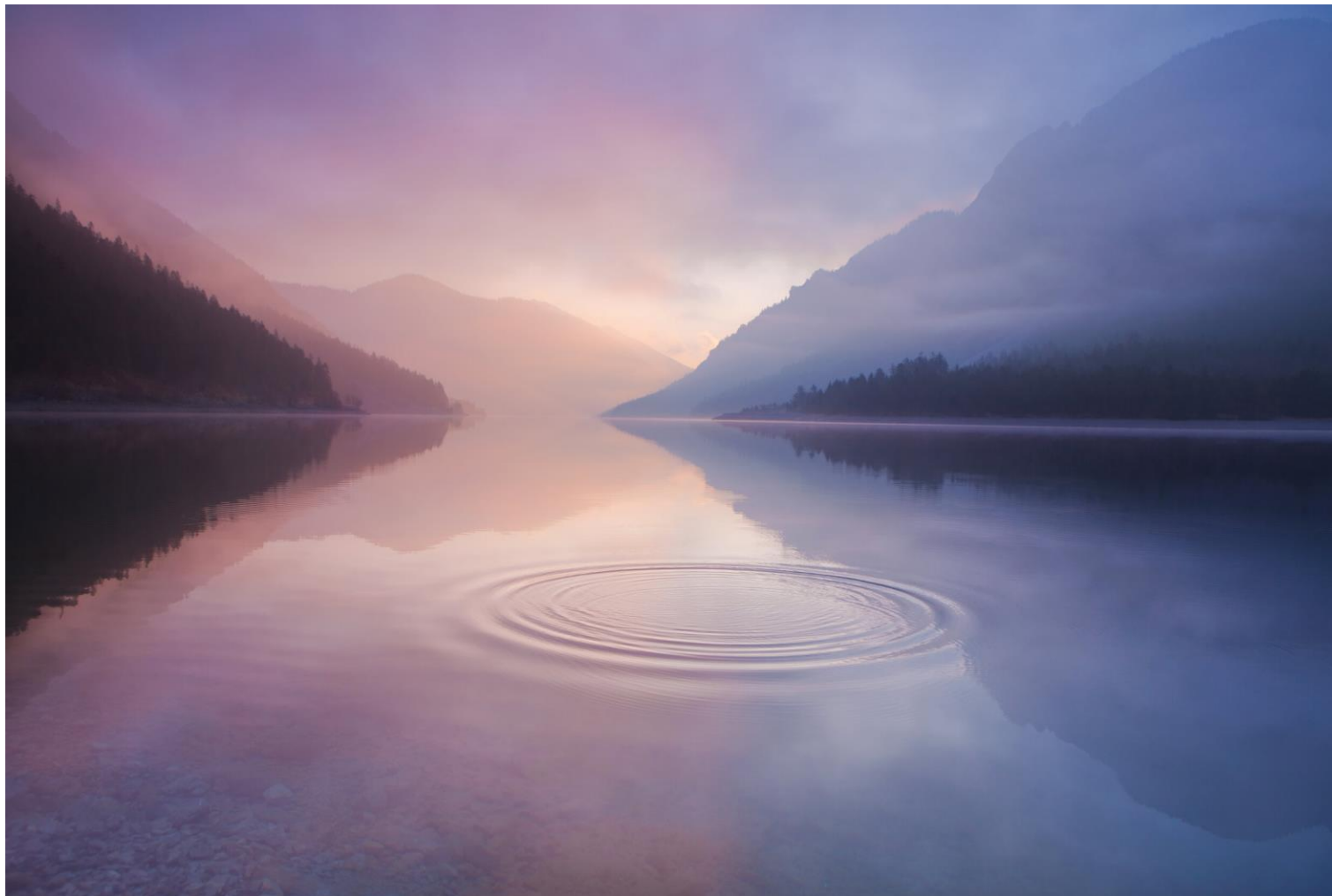
9. Help Others



10. Breathe



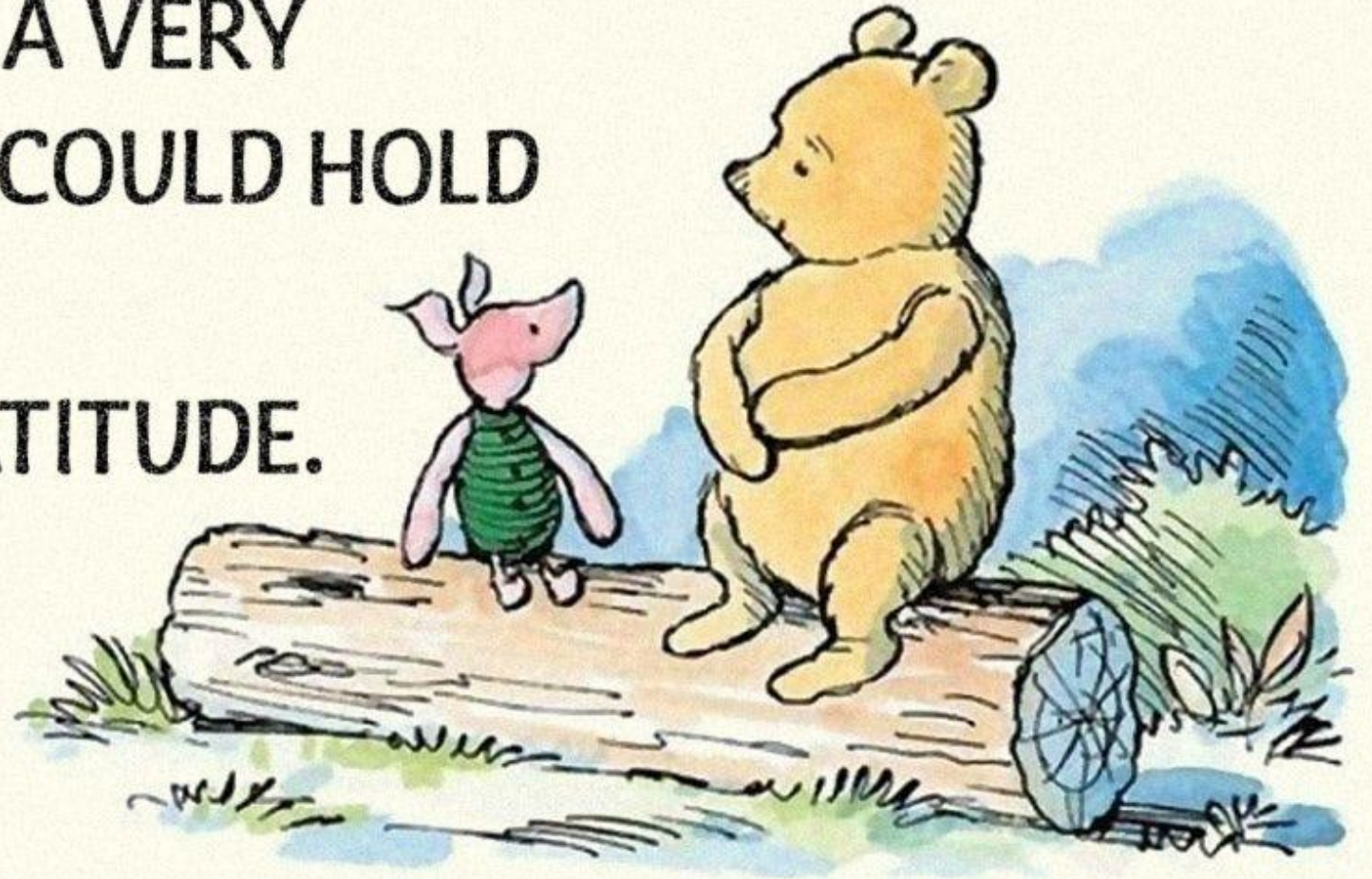
Acknowledge Our Stress & Fears



Visualization: Putting Our Fears Away

PIGLET NOTICED THAT EVEN
THOUGH HE HAD A VERY
SMALL HEART, IT COULD HOLD
A RATHER LARGE
AMOUNT OF GRATITUDE.

A.A. MILNE



Resources

MoCo at Home: <https://visitmontgomery.com/at-home/>

Montgomery County MD Caregiver Support Program YouTube Channel:
https://www.youtube.com/channel/UCJqcd7_1_7LejYrHWKU-lrw

Nightly Live Stream from the Metropolitan Opera: www.metopera.org

Free online courses: www.edx.org

Montgomery County Public Schools TV – Mindful Moments:
https://www.youtube.com/playlist?list=PLkZwAghwrSytgi1re_2Sr8Dt8poZCHgP5

Montgomery County Volunteer Center:
<https://www.montgomerycountymd.gov/volunteercenter/>

Questions & Comments

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Thank You