

The Importance of Sleep on Your Mental Health

Suzie's mood has plummeted these past three months. She is depressed and has little energy. Suzie sleeps about 3 hours a night, wakes up for about 45 minutes and falls back asleep for about two hours then awaking again. She takes her medication as prescribed, but it doesn't seem to be working. Her depression includes feelings of sadness and she has lost pleasure in doing activities she normally likes.

She sees her therapist every two weeks and sees the psychiatrist about every 6 weeks. Her therapist asks Suzie how she has been sleeping. Suzie consistently has said fine in the past, not realizing that her erratic sleep has affected her in any way. Finally, Suzie comes clean with the therapist, who informs Suzie's psychiatrist. Suzie is put on medication, not only for depression but to help her sleep. Suzie agrees with her therapist and psychiatrist's recommendations that it is also important to develop and maintain healthy lifestyle behaviors as medication is not the only solution. During the next psychiatric visit, Suzie looks refreshed. She has calmness about her and her face appears to be much brighter. She appears to be more alive, yet serene. Her whole attitude has changed and she has gone back to doing things she enjoys. Suzie is sleeping about eight and a half hours a night. She feels like a new person.

Matt is unable to fall asleep and when he finally does, he awakens after two hours. His mind is racing and his thoughts are getting to be more than he can handle. [Read More](#)

Online Sleep Quiz



To determine if you have a sleep disorder, [take this short quiz](#) sponsored by the Sleep Institute Management.

What's In Your Personal Medicine Kit?

Consumers in Chartiers' psychosocial and residential programs have found that relying on their personal medicine has provided them an outlet for their anxiety and depression. ("Personal Medicine is the things we do to be well. Many of us know that finding the right balance of personal medicine and psychiatric medicine is the road to recovery." Pat Deegan). In one of the day programs, the staff person shared, "We do basic Tai Chi exercises 1/week. I make flash cards with pictures of simple moves from the book "Tai Chi Simple Routines for Home, Work & Travel" by Tin-Yu Lam. Everyone in the group takes a turn demonstrating / instructing for the rest of the group. It is a relaxing and rejuvenating way to start the day with a calm, energy building, and slow activity." One of the other consumer groups incorporates meditation and sleep suggestions into their Wellness and Recovery goals.

At Chartiers Center, consumers are encouraged to identify recovery goals that will aid in their wellness. These goals are also known as their personal medicine. Two other group activities that are enjoyed by consumers in our Long Term Structured Residence are a walking group and the agency garden. What's in your personal medicine kit?



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