

The newsletter of Connecticut Clearinghouse, a library and resource center for information on substance use and mental health disorders, prevention, health promotion and wellness, treatment and recovery, and other related topics.

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Clearinghouse

a program of the Connecticut Center
for Prevention, Wellness and Recovery

January 2016

Positive Emotions and Your Health Developing a Brighter Outlook

Do you tend to look on the sunny side, or do you see a future filled with dark, stormy skies? A growing body of research suggests that having a positive outlook can benefit your physical health. NIH-funded scientists are working to better understand the links between your attitude and your body. They're finding some evidence that emotional wellness can be improved by developing certain skills.

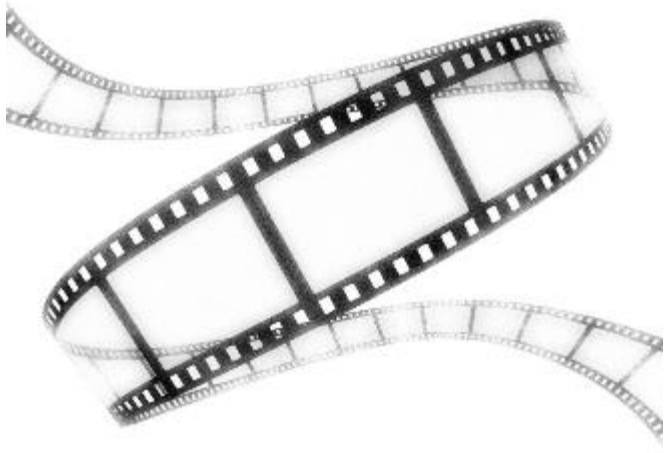
Having a positive outlook doesn't mean you never feel negative emotions, says Dr. Barbara L. Fredrickson, a psychologist and expert on emotional wellness at the University of North Carolina, Chapel Hill. "All emotions—whether positive or negative—are adaptive in the right circumstances. The key seems to be finding a balance between the two," she says. "Positive emotions expand our awareness and open us up to new ideas, so we can grow and add to our toolkit for survival," Fredrickson explains. "But people need negative emotions to move through difficult situations and respond to them appropriately in the short term. Negative emotions can get us into trouble, though, if they're based on too much rumination about the past or excessive worry about the future, and they're not really related to what's happening in the here and now."

People who are emotionally well, experts say, have fewer negative emotions and are able to bounce back from difficulties faster. This quality is called resilience. Another sign of emotional wellness is being able to hold onto positive emotions longer and appreciate the good times. Developing a sense of meaning and purpose in life—and focusing on what's important to you—also contributes to emotional wellness.

SOURCE: NIH NEWS IN HEALTH

TO DEVELOP A MORE POSITIVE MINDSET:

- Remember your good deeds. Give yourself credit for the good things you do for others each day.
- Forgive yourself. Everyone makes mistakes. Learn from what went wrong, but don't dwell on it.
- Spend more time with your friends. Surround yourself with positive, healthy people.
- Explore your beliefs about the meaning and purpose of life. Think about how to guide your life by the principles that are important to you.
- Develop healthy physical habits. Healthy eating, physical activity, and regular sleep can improve your physical and mental health.



NEW
DVDS

COGNITIVE BEHAVIORAL INTERVENTIONS FOR POST-TRAUMATIC STRESS DISORDER

In this video, Dr. Candice M. Monson employs cognitive behavioral therapy interventions with a woman who is suffering from PTSD after the tragic loss of her son.

LIVING SKILLS: PERSONAL GROWTH

Personal growth is delivered on a CD-ROM and two DVDs and covers the internal skills needed to be a positive and productive member of a community.

LIVING SKILLS: PRACTICAL GUIDANCE

Practical guidance is delivered on a CD-ROM and two DVDs and provides information on the day-to-day skills needed to live a healthy life.

ON BEAUTY

Follows fashion photographer Rick Guidotti, who left the fashion world when he grew frustrated with having to work within the restrictive parameters of the industry's standard of beauty. After a chance encounter with a young woman who had the genetic condition albinism, Rick re-focused his lens on those too often relegated to the shadows to change the way we see and experience beauty.

View the trailer: www.youtube.com/watch?v=Bf8iibQkMrA

OUT OF MIND, OUT OF SIGHT

What happens to people who suffer from mental illnesses and commit violent crimes? Where do they go? How are they treated?

View the trailer:

www.nfb.ca/film/out_of_mind_out_of_sight/trailer/out_of_mind_out_of_sight_trailer

NEW PAMPHLETS

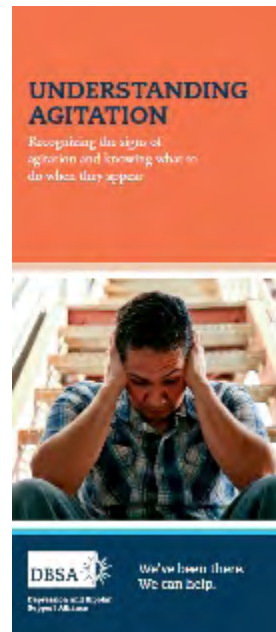
Adicción: Romper el Ciclo

Sesame Street Healthy Foods Activity Book

Social Media Addiction: Addicted To Likes

So You Love An Alcoholic: Take Courage There's Hope

Understanding Agitation



NEW POSTERS

Cocaine & Crack: Cause & Effect

Heroin: Cause & Effect

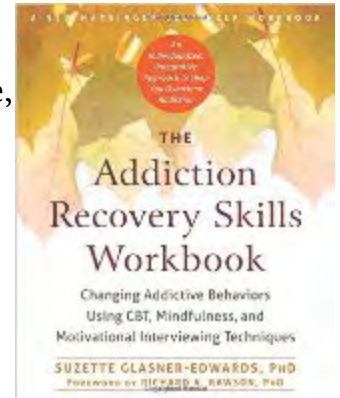


NEW BOOKS AND CURRICULA

The Addiction Recovery Skills Workbook: Changing Addictive Behaviors Using CBT, Mindfulness, and Motivational Interviewing Techniques (also available as e-book)
Suzette Glasner-Edward

The ADHD Workbook for Kids: Helping Children Gain Self-Confidence, Social Skills & Self-Control (also available as e-book)
Lawrence E. Shapiro

Beyond the Blues: A Workbook to Help Teens Overcome Depression (also available as e-book)
Lisa M. Schab



The Big Book of Therapeutic Activity Ideas for Children and Teens: Inspiring Arts-Based Activities and Character Education Curricula
Lindsey Joiner

The Big Book of Even More Therapeutic Activity Ideas for Children and Teens
Lindsey Joiner

The Gender Quest Workbook: A Guide For Teens And Young Adults Exploring Gender Identity
Rylan Jay Testa, Deborah Coolhart, Jayme Peta

The Kindness Curriculum: Stop Bullying Before It Starts (also available as e-book)
Judith Anne Rice

Learning ACT: An Acceptance & Commitment Therapy Skills-Training Manual for Therapists
Jason B. Luoma, Steven C. Hayes, Robyn D. Walser

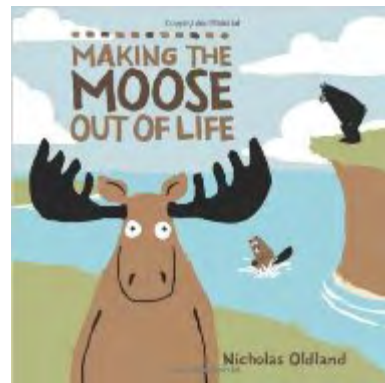
Life Skills to Help Teens Balance Way Too Much
Sandra K. Negley, MTRS, CTRS, Ester R. A. Leutenberg

**CLICK
TO SEARCH OUR
LIBRARY CATALOG
FOR BOOKS, DVDS,
AND CURRICULA**

MORE NEW BOOKS AND CURRICULA

Love Is My Favorite Thing
Emma Chichester Clark

Making the Moose Out Of Life
Nicholas Oldland



The Mindfulness & Acceptance Workbook for Depression:
Using Acceptance & Commitment Therapy To Move Through Depression
& Create A Life Worth Living
Kirk D. Strosahl, Patricia J. Robinson

The Relaxation & Stress Reduction Workbook for Kids: Help for Children to Cope
with Stress, Anxiety & Transitions
Lawrence E. Shapiro and Robin K. Sprague

Therapy Games: Creative Ways to Turn Popular Games into Activities that
Build Self-Esteem, Teamwork, Communication Skills, Anger Management,
Self-Discovery, and Coping Skills
Alanna Jones

The Wellness Lifestyle Workbook: Self-Assessments, Exercises & Educational Handouts
Ester A. Leutenberg, John J. Liptak

Women and Drinking: Preventing Alcohol-Exposed Pregnancies
Mary Marden Velasquez, Karen S. Ingersoll, Mark B. Sobell

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Library Hours:

Mon, Tues, Wed, Fri 8:30 AM - 5:00 PM ; Thurs 8:30 AM - 7:30 PM

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