



## Nurse's Notes

### *MENTAL HEALTH NOTES*

According to psychiatrist Stuart Brown, M.D., "play is the purest expression of love." Laughter improves your resistance to illness by lowering stress hormones and boosting immune cells and antibodies that fight infections. Additionally, laughter causes endorphins to be released, which enhance general well-being. The adage "Laughter is the best medicine" has some merit. Therefore, find enjoyable activities to enjoy to lower stress and improve your sense of well-being! Here are some fun and silly activities for you and your kids.

\*Do fingerpaint portraits of each other with wild, exaggerated features.

\*Go "bowling" using empty soda bottles as the pins.

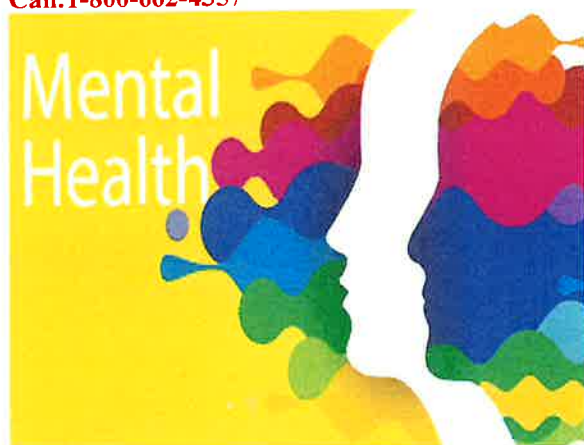
\*Play music using instruments made from items found around your house.

\*Use hair gel to make funny hair-dos.

\*Try to pat your head and rub your tummy at the same time.

Send us some pictures or videos of your fun times

**SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and Spanish) for individuals and families facing mental and/or substance use disorders. Call: 1-800-662-4357**



During American Heart Month in February, everyone can concentrate on their cardiovascular health. One of the main risk factors for heart disease and stroke is hypertension, or high blood pressure, which is being highlighted by the Division for Heart Disease and Stroke Prevention.

## February is American Heart Month

High blood pressure (hypertension) is a leading risk factor for heart disease and stroke. Here are five surprising facts about hypertension:\*

- 1 High blood pressure may be linked to dementia.
- 2 Young people can have high blood pressure, too.
- 3 High blood pressure usually doesn't have any symptoms.
- 4 Many people who have high blood pressure don't know it.
- 5 Women and African Americans face unique risks when it comes to high blood pressure.

For more information and resources on American Heart Month check out the CDC website [here](#)

\*Adapted from <https://www.cdc.gov/cdc/pressure/5-surprising-facts.htm>