



May Newsletter

May is Mental Health Awareness Month

One in five people in the USA struggle with Mental Health. However due to the stigma against mental health issues and dilemmas with paying for care, mental health concerns are often swept under the rug, hidden, invisible, and left alone.

The end result of this is seen in rising numbers of homelessness, higher suicide ideation, in increasing drug and alcohol use, and in the pervading sense of loneliness many face each day. How can each one of us contribute to positive mental health for ourselves, for our community and for our greater society?

National Alliance on Mental Illness and Mental Health America offer supportive resources and for those struggling and those who care for those who are struggling. From simple but sometimes difficult to implement solutions, such as ways to replace negative self-talk with positive self-talk, healthy tips for daily living,

Mental Health Awareness Month continued on page 2

Catch the wave! info@brainstimcenters.com

Mother's Day

Moms come in all shapes and sizes. We obviously have different wants and desires, needs and interests, but we do seem to manage an endless litany of details for others. Moms get tired and moms get anxious. Sometimes nothing feels like enough. Add a pandemic in to the mix and the ceaseless juggling act is enough to make someone want to explode with anxiety. Speaking of which, someone experiencing severe anxiety can also have a complete inability to make a decision, act on an intention, or communicate. Sometimes it can all be completely overwhelming. Physical symptoms of anxiety can include: digestive issues, weakness, insomnia, headaches, weakness, and unexplained pain and exhaustion, among other symptoms.

For working moms, it can be even worse, CNBC reports that, "Just by being a working mother, women are 28% more likely to experience burnout than fathers,

Mother's Day Continued on page 2



Happy Mother's Day Special

First two weeks of May only!

NEW PATIENTS - \$75 off for qEEG and Cambridge brain testing!

Mental Health Awareness Month continued from page 1

and what to say to someone struggling, such as, "How can I help?" versus, "You'll get past it", these organizations offer easily implemented tools and resources for all, and have since 1949.

Mental Health America reported, "The number of people looking for help with anxiety and depression has skyrocketed. From January to September 2020, 315,220 people took (an) anxiety screen (on their site), a 93 percent increase over the 2019 total number of anxiety screens. 534,784 people took the depression screen, a 62 percent increase over the 2019 total number of depression screens."

Seeking appropriate mental health care is undeniably challenging. It can take years to find support, get the correct medication if necessary, find the best aligned therapy - this process requires a great deal of patience, and many do abandon it. However, it's important to seek care if struggling. Remembering daily self-care rituals: getting good sleep, exercise, morning blue light, drinking lots of water, eating whole grains and healthy low fat, low salt foods, practicing

kindness and awareness, both to oneself and to others, can be critical while finding one's footing on the path to good health. Tenacity is instrumental.

If you, or someone you know, is wrestling with anxiety and depression, TMS (transcranial magnetic stimulation) may be able to help. TMS has no significant side effects, it is gentle, non-invasive, and according to Harvard Medical School, "Approximately 50% to 60% of people with depression who have tried and failed to receive benefit from medications experience a clinically meaningful response with TMS. About one-third of these individuals experience a full remission. . . their symptoms go away completely."

TMS is not therapy, and it is not medicine. TMS works to support healthy communication in the neurotransmitters in

Mental Health Awareness Month continued on page 3

Mother's Day Continued From Page 1

according to the analysis. That means in the U.S., there are 2.35 million additional cases of burnout due to the unequal demands of home and work that are placed on working mothers." Many moms are caretaking at work, at home, and often trying to resolve their own health concerns when just making an appointment can feel daunting. Chronic stress, whether at home or at work, and in everyday life, can cause burnout.

Even the most level-headed, even-keeled moms can experience anxiety and burnout. What you may not know is that both anxiety and the chronic stress associated with burnout increase the odds of dementia.

This year, take care of mom for Mother's Day, and, if you are mom, take care of yourself by fulfilling some dreams! Flowers, chocolate and dinner at a favorite restaurant are nice, but this year, make a lasting memory. Increase

the brain's neuroplasticity and retain the excitement and vital health your brain requires with a touch of fun challenge. Some great ways to enliven your grey matter, and your mom's, and create a colorful Mother's Day are:

- Forget the flowers and take a hike through wildflowers (www.theodorepayne.org offers a weekly wild



Mother's Day Continued on page 4

Mental Health Awareness Month continued from page 2

the brain. Stress, age, trauma, and mental health issues can cause the brain to rewire and those neural pathways caused during high stress or pain can become chronic. Imagine a house that is wired every which way, wires akimbo – properly wiring that house will make it operational. Similarly, TMS helps heal dysfunctional brain circuitry by providing suggestive pathways with pulses, entraining rogue neurotransmitters, encouraging a synchronistical wave formation, and increasing neuroplasticity. Neuroplasticity is the ability of the brain to

adapt to change, like an athlete who can catch something thrown at them in instant, the brain needs to be agile and alert. TMS helps you fire on all cylinders.

Every brain is different, just as every person is different, so defining normal is not really helpful. However, naturally, a healthy brain will have synchrony in the neurotransmitter wave formation across the posterior, central and frontal areas of the brain. Each individual's wave formation looks differently than the

wave formation of another person. We can observe wave formations through a qEEG, a quantitative electroencephalogram. Wave formations begin to degenerate with stress, age, and trauma, and neurotransmitter communication links across the brain can break down – the frontal, central and posterior areas of the brain

Thinking of YOU



MOTHERS WHO
HAVE LOST
CHILDREN



THOSE WHO HAVE
LOST MOTHERS



THOSE WITH
STRAINED MOTHER
RELATIONSHIPS



MOTHERS WITH
STRAINED CHILD
RELATIONSHIPS



THOSE WHO HAVE
CHOSEN NOT TO BE
MOTHERS

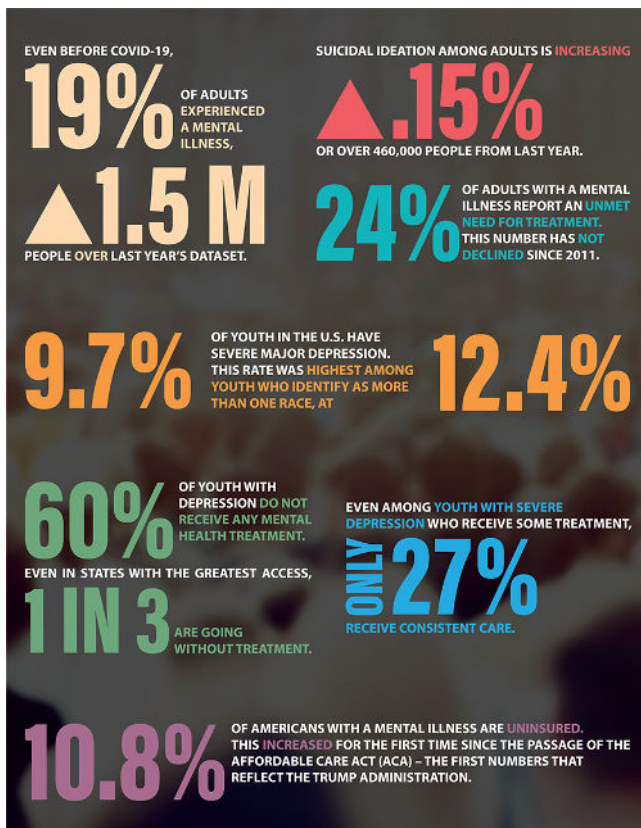


THOSE YEARNING
TO BE MOTHERS

develop incongruent wave formations and that is not healthy. It's vital to have healthy wave formations and neuroplasticity for mental clarity and acuity. Seeing critical neural pathways and wave formations positively changing during TMS is very rewarding.

TMS is FDA cleared for depression, many insurance plans will cover treatment if there is a history of medication and therapy. BrainStim Centers also offers payment plans for those who do not qualify under insurance. TMS is also an excellent option for those who are not inclined towards therapy or medication, but who seek to optimize their neural pathways and brain health. Please reach out to us for more information.

–Newsletter written by Sonja Hillman Suchy





Recipe: Afternoon Tea

"Would you like an Adventure? Or shall we have tea first?" - the Mad Hatter

Why not have Afternoon Tea this Mother's Day? Who doesn't enjoy small bites and good nosh? If you do not want to make it, there are many places in the LA area that offer afternoon tea, from local museums, to fine restaurants.

If you are single, make it a small ritual and allow yourself to sit and enjoy a leisurely tea, or join a friend. If you are making it for another, have some fun googling recipes, the sky is the limit - just remember to take the time to prettily present your food. Afternoon tea is definitely a visual treat. Here are some ideas:

Presentation:

Have flowers and pretty napkins on the table, serve food nicely and space things out in an appetizing and cute way. Everything should be miniature! Traditionally you would have a 3-tier platter with scones or biscuits, cakes, and a savory platter.

Tea:

Select a variety of nice teas and make sure to have cream, sugar, lemon, and milk handy

Sweet:

Have a selection of sweets. Mini scones with whipped cream and mascarpone are delightful. Mini eclairs, cupcakes, madeleine's, macaron's, fruit tarts, shortbread, biscuits, small cakes (petite fours) are all found at tea.

Savory:

There are as many sandwiches to choose from as the imagination and Google allow. Some basics are to use soft white sandwich bread with the crusts cut off and pumpernickel or einkorn breads with meats. Cut sandwiches diagonally or in 4"x1 1/2" strips. For spreads, butter and cream cheese are common. Scotch eggs or deviled eggs are common in some circles as well.



My favorites:

- Paper thin slices of cucumber, a little lemon, cream cheese on white bread
- lox, dill, cream fraiche on pumpernickel
- butter, mint and watercress on wheat
- length wise sliced asparagus tossed with herbs, evvo, s+p, lemon, egg on pumpernickel
- tuna salad on potato bread
- crab and avocado on white
- non traditionally, small golden potatoes with crème fraiche and caviar!

Have fun with it and get creative, just remember to make them bite sized.

Mother's Day Continued from Page 2

flower hotline in Southern California through May)

- Take a class with your loved ones, in person or on zoom
- Learn a new skill or buy mom the tools she needs to create something she has been thinking of making, learning, or doing - better yet - do it with her!
- Have a game night, or just enjoy a quiet puzzle
- Books or a Kindle
- Go for a bike ride
- Paint the same thing with a friend and look at how different your art is
- Visualize all the places in the world you would love to see, positively, and in detail
- Play a musical instrument
- Travel

Not all moms love to travel but even a simple a day trip increases neural connections and engagement. This year, embrace life and give yourself - or your mom - the gift that you or she has been wanting to try, wanting to see, experience, or learn about. Is there a new recipe that requires something unique - say sous vide? A pottery wheel? Stained glass kit? Want to learn to tango? Always wanted to learn how to color hair? Paint a landscape? Embrace it.

Or, if you are curious, come check out your brain waves and learn a bit more about the mystery of self.