



FLIP NEWSLETTER

DECEMBER 1



Maintaining Mental Health After Traumatic Events

What is a traumatic event?

A traumatic event is a shocking, scary, or dangerous experience that can affect someone emotionally and physically. These can range from experiencing natural disasters, acts of violence, as well as car crashes or other accidents.



What are some signs that someone is dealing with trauma?

- Feeling anxious, sad, or fearful
- Having trouble thinking clearly
- Having frightening thoughts or flashbacks, reliving the experience
- Feeling angry, resentful, or irritable
- Having nightmares or difficulty sleeping
- Avoiding places or people that bring back disturbing memories and responses.
- Becoming isolated from family and friends



How are children exposed to trauma?

Childhood traumatic stress occurs when violent or dangerous events overwhelm a child's or adolescent's ability to cope. Examples include:

- Witnessing or experiencing violence
- Neglect and psychological, physical, or sexual abuse
- Serious accidents or life-threatening illness
- Sudden or violent loss of a loved one
- Military family-related stressors

What are some small ways that I can support my child who has been affected by violence?

- Spend time talking with your children.
- Limit media exposure.
- Monitor changes in relationships, and encourage support from friends and family.
- Recognize that physical reactions may confuse or scare kids. Encourage them to try breathing, stretching, and physical activity.
- Address acting out behaviors, and help them find alternative solutions to process their emotions.
- Promote your children's self-care - eating, drinking enough water, exercising, and getting enough rest are so important after a traumatic event.
- Be patient.

Want to learn more about ways you can take care of your child's mental health?

Click [here](#) to visit the Children's Research Triangle website for resources on mental health challenges.

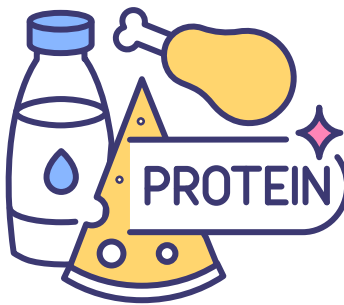
Pick Healthy Proteins!

Choose Healthy Sources

- The American Heart Association recommends choosing healthy sources of proteins
- Healthy protein choices include fresh lean cuts of meat, fish, poultry, eggs, and plant sources like beans, peas, lentils, and nuts
- Choose fish and plant sources more often when possible
- When choosing meat or poultry, choose lean, unprocessed cuts

Eat Healthier Proteins

- Red meats (beef, lamb, pork) have more saturated fat than skinless chicken, fish, and plant proteins
- Saturated fats are known to increase one's risk of developing heart disease and raising blood cholesterol
- When eating red meat, choose lean meat, skinless, poultry, and unprocessed options
- There are many types of plant proteins and most are healthier for you as they do not contain saturated fats
- Nuts, peanuts, and beans of all kinds are good choices and provide dietary fiber as well



What are Processed Meats?

- Processed meats are those that have been altered significantly from their natural state, usually to extend shelf-life or make use of less desirable portions of the animal
- Processed meat typically has more fat and calories but less protein than unprocessed meat
- Processed meat usually has a lot more salt than unprocessed meat
- Examples of processed meats to avoid or eat sparingly:
 - bacon, sausage, chicken fingers, chicken nuggets, fish sticks, hot dogs, deli meats, potted meats, spam

What is a Healthy Portion of Meat?

- A serving of cooked meat should be 3 oz:
 - a piece of meat about the size of a deck of cards
 - a small chicken drumstick or thigh
 - 3/4 cup of flaked fish
 - 2 thin slices of lean roast beef (3" x 3" x 1/4")

MEAT / FISH



portion = your palm size

Recipes to try this month!

Sheet Pan Chicken Fajitas

Enjoy the smoky sweet flavor of this easy, hands-off, sheet pan fajitas recipe.



Black Bean Burgers

Flavorful and filling take on the veggie burger. Black beans star in this delicious plant-based classic.



Click [here](https://meklund7.wixsite.com/flip) or visit <https://meklund7.wixsite.com/flip> for the full recipes!