



# The Carnelian Center

## August 2024 - Mental Health

The mission of the Carnelian Center is to provide the community with affordable holistic health care while nurturing the individual through art, education and cultural integration. Our vision creates healing in a beautiful, peaceful setting with respect for the ecosystem and the preciousness of water.

The Carnelian Center - PO Box 452 Dixon, NM 87527 / 505-579-9630 / 219 State Road 75 / [carneliancenter.org](http://carneliancenter.org)



### Mental Health Hygiene: a Primer by Derek James Rugsaken

Are you feeling stressed, overwhelmed or in need of extra support? In our ever-changing world, stressors are all around. How do we build resilience in the face of extra challenging times? The good news is that we have options. Starting with ourselves we can adopt habits that fortify our mental health and strengthen our ability to respond to challenging situations. Of course, depression and anxiety are real but are we paying attention to the foundations of our own mental health?

The 'PERMA' model helps us understand what these foundations are:

- **P** stands for 'positive emotion', do you have access to joy, gratitude, connectedness? Do you intentionally cultivate these things? Just experiencing these and remembering how they feel is the first step to our wellbeing.
- **E** stands for 'engagement', are you doing things that make you happy? Are you fulfilled by things you do? Is there something you've always wanted to do that you know would make you happy? Now is the time!
- **R** stands for 'relationships'. Are you putting time and energy into positive relationships in your life? Are they nurturing you?
- **M** stands for 'meaning'. Do you have a sense of meaning and purpose? Do you volunteer? Do you have religion and spirituality? Something that gives your life meaning? And finally
- **A** stands for 'accomplishment'. Do you put time into something that you are proud of? Something that makes you feel accomplished? Setting small goals and celebrating them is a great way to feel this.

And don't forget the basics: eating nutritious food, drinking water, breathing deeply, being regularly active, sleeping well and sunshine. While none of these things cure mental health, they ALL help support a positive experience of life overall. But yet, sometimes it's harder and more complicated than this. While there are factors we can control to support our own wellbeing, sometimes things get bigger than our ability to cope. This is when you might choose to seek counseling/therapy support. If you are in need of professional support, you have a number of options. Community Mental Health is your first-line, providing a variety of services that can assist you from Group Therapy to Case Management to Individual counseling. Call and ask to schedule an intake.

Here is a short list of places you can call. Be prepared to be placed on a waitlist but tell yourself it's the way to get help. You will be placed with the next available provider:

Valley Community Health Center (PMS) in Espanola, serving adults 18 and over 505-747-7400  
Espanola Family Wellness, serving children 3-18 and families 505-443-2800  
El Centro Family Health, adult behavioral health 505-753-7218  
The Peak Behavioral Health: Intensive outpatient services for youth in crisis 505-390-4890  
Las Clinicas Del Norte Abiquiu/EI Rito, adult behavioral health 505-685-4479  
Taos Behavioral Health, behavioral health services for all ages 575-758-4297  
Teambuilders Behavioral Health Santa Fe (Serves Rio Arriba county) 505-216-2727



## Mindfulness, Emotions and Mental Health by Cedar Koons, LCSW

Author of The Mindfulness Solution for Intense Emotions (New Harbinger Publications 2016)

Observing and describing strong emotions is key to managing them. Unfortunately, many of us aren't taught much about our feelings. Here is a short description of the key elements of emotions and some tips on using mindfulness to help regulate strong emotions.

Emotions arise because of a "prompting event," either within us, such as memories (like trauma) and physical sensations (like pain), or events in the external environment. An example of an external prompt would be an argument with a co-worker or seeing a snake. When an emotion is triggered, we begin to have thoughts, physical sensations, and an urge to act.

These responses are hard-wired. Sometimes, after a primary emotion "fires" we may have a secondary emotion, one brought on by our reaction to the first emotion. Many people feel anger at having been frightened, or sadness or shame after being angry. Also, emotions have strong after effects so we may be upset for a long time after the original prompting event.

Mindfulness is the practice of paying attention in the moment, intentionally and non judgmentally. Non judgment involves focusing on the facts of a situation without evaluating them as good or bad. Mindfulness and nonjudgment lead to acceptance of ourselves and reality, which can help us communicate our emotions without anger or resentment.

Mindfulness skills allow us to notice an emotion and feel it without acting impulsively. The information from the emotion provides useful information that enables us to describe it to ourselves and others. For example, when someone says something that hurts us, we might want to withdraw and say nothing. That means we are probably sad. If our urge is to lash out, chances are we are angry. Either way, a mindful approach is to consult our inner wisdom and respond with self-compassion and care before acting. Then we are more likely to know what to say to the person who hurt us that won't do further damage to the relationship.

Here is a helpful guide to six main emotions:

Emotion Name	Prompts	Sensations	Action Urge
Anger	being hurt	energized, urgent	lash back
Fear	a threat	breathless, heart pounds	flight. flight, freeze
Sadness	a loss	lethargic, tearful	withdraw
Shame	excluded, judged	hot face, heart pounds	hide
Love	attraction, kindness	subtle tingling	approach
Joy	pleasure	subtle expansion	have more joy

Sometimes our emotions are stronger than we or a family member want them to be. For example, suppose we have an intense fear of dogs due to having been bitten as a child. Fear may be so strong that we can't handle being in the presence of any dog, even a small puppy. These kinds of emotions can cause difficulties for us. Emotions related to traumatic experiences can be reduced with a lot of effort and good therapy. Mindfulness skills help too and can lead to improved well-being, better relationships, and more joy. Mindfulness Skills from Dialectical Behavior Therapy (DBT)

Observe the emotion: notice the emotion prompts, thoughts, bodily sensations, and action urges.

Describe the emotion: nonjudgmentally name or label it for yourself. Ask, is my emotion trauma-related?

Consult inner wisdom: mindfully decide what to do next.



## **Our Mental Health in 2024**

### **by Cynthia Fulreader**

Sometimes we need to begin by asking ourselves: "What gets in the way of my mental health?"

Often there are events or relationships in our lives that have been sad or unfair or even tragic. We often hold on to those events and experiences and our feelings around them so tightly that we forget we can put the feelings down. We think we have to always carry them.

We do not actually have to diminish the importance of those events, or the importance of those losses, to put them down. We may only be putting them down temporarily to attend to something else.

When we put down a grocery bag on the kitchen counter to attend to our children, it doesn't mean we can't return to the bag in a few minutes to unload it.

Or when we put our young child on their bed for a nap, it does not mean we don't still cherish the child, or that we won't return to the child to meet their needs later. Or even that enjoying the break means that we don't love our child.

Similarly, we can learn the art of putting down grief, loss, hurt, humiliation, unhelpful perspectives, etc... knowing that we can pick them up and examine them again later, but that we do not have to, or want to, carry the weight of it all day long.

It's easy to become very defensive when these kinds of possibilities are suggested to us. We think the person suggesting it must have had an easy life and that they have no concept of how much we have suffered, or what real suffering is. Or perhaps we think that this is just some parlor game trick and has no application to real life.

Sometimes we even hold on to our grief, pain, and losses like trophies. We may even be afraid that we won't be the same person if we put them down. It may be true that these events have helped to shape us, even for the better. We may be more compassionate or have more depth as a result.

But carrying the pain and the ways that those events limit us in the present moment is generally unwise and rarely useful. They may be taking up "prime real estate", ie, a central location in our minds that needs space to attend to other things such as joy, freedom, art, laughter, dancing, calling a friend, reading, writing, walks in the woods, and so on... including practical things we want to get done like folding and putting away the laundry, or things we enjoy like sitting outside and watching the birds or reaching out to a friend. And speaking of friends, post-Covid, we are more isolated these days than we used to be and it's definitely time to shift that and connect. Our brains have been wired for thousands of years to be in groups, and isolation is not good for our mental health. Some few people thrive on being alone, but most of us need a balance, and we need

other people.

However, when two people are having a conversation very often the listener is just bursting for the other to finish talking so that they can say what is on their mind. We often are unable to just relax and listen because our minds are so full. We are actually missing out on both the experience of really hearing our friend, and the experience of really sharing when it's our turn. We need to do both.

This can happen even when we are seeking help for our mental health. We may be talking to our partner or a friend and sharing some of our feelings, but when they offer a suggestion we reject it immediately. The suggestion may even feel insulting or trivial in the face of our great pain.

We can do the same thing with a counselor and go away thinking, oh that was a waste of time, but did we really share openly, did we really open ourselves up to what was being offered? Or maybe we neglected to push back in a healthy way and say, no, that's not what I meant, this is what I was trying to say.

Want to improve your mental health? Trying focusing on accepting the aspects of your life that you do appreciate, letting go of dwelling on what seems unfair, being grateful for what is, reaching out to a friend or a neighbor, engaging in small talk, or something more... but being sure to listen... as well as share.

Make a list of what you are grateful for, running water, a heated home, things large and small, standard or quirky... and more.

**PLEASE NOTE:** If you or someone you know are having thoughts of self-harm or wanting to harm another, or are having hallucinations or chronic fears, paranoia, or other extreme thoughts, please seek help asap, call 911 or a Help Line [https://yes.nm.gov/nmhr/s/988-help-and-hope-in-new-mexico?language=en\\_US](https://yes.nm.gov/nmhr/s/988-help-and-hope-in-new-mexico?language=en_US)

**Personal Note:**

Many years ago I studied at a place called the Option Institute in Massachusetts. They introduced me to the idea of happiness being a choice. At first that seemed superficial or even ridiculous to me but over time I incorporated it into my world view. Later on, I studied Eastern ways of thought which were often saying the same thing but using different words. At another time I attended a liberal Episcopal church in Santa Fe and contemplated on the messages there. I also lived on the Cheyenne River reservation in South Dakota and sat with traditional healers and absorbed some of their beliefs and practices and ways of looking at life. And in my late twenties I met a teacher named Amma. Then in my 30's I attended Southwestern College, where I later taught for 20 + years retiring in 2023. I have had a private practice in Santa Fe since 1995. All of these immersions into different ways of thinking have been helpful to my own happiness and peace of mind and in learning how to help others to feel happier as well. But to this day, one of the most consistent tools for me is the ability to choose to be happy, and to accept the way that my life is today, at this moment. Oh, and hugs, most of us need some touch, whether human or animal, with consent, of course.





## The Body-Mind-Spirit Connection by Lluvia and Maria

When you or someone you know is down or are feeling emotionally unstable, it is important to reach out. The Carnelian Center has resources that can lend support to those going through a hard time. Self care and getting in touch with what is going on in the body can be helpful when facing mental/emotional issues.

Massage therapy can be a calming and nurturing way to help the body feel safe, relaxed and re-centered. Massage is offered by Maria Chilton, Lluvia Lawyer-Aby, Cathy J. Robison and Susan Prins. Craniosacral therapy is a gentle method that is particularly calming to the nervous system. Craniosacral is offered by Cathy J. Robison and Jenny Rizzo. Lluvia Lawyer-Aby practices a similar method called Core Synchronism which combines Craniosacral and Polarity methods to address all aspects of the body, mind and spirit. Montse Serra offers various types of mental, emotional and spiritual support including Family Constellations, Reiki and art therapy. Sarah Grant and Elie Klein both offer acupuncture which aids in calming and balancing the systems of the body. Kaycee Hinckley offers Neurofeedback which helps directly to retrain the brain. Roxanne Sanchez is available to do Reiki sessions and various types of limpiezas from the Curanderismo tradition. There are many methods to choose from depending on your personal preferences.

We would like to remind you that as a non-profit we have a discount treatment program available which subsidizes treatments for residents within our service area, who would otherwise not be able to access our services.

If you know someone who is homebound who could benefit from the type of support listed above, reach out to us. These services are integrative medicine and are not a replacement for standard medical care.

The main thing is to reach out to someone, and remember that you are not alone.

# Carnelian Center Practitioner list

### **Lluvia Lawyer-Aby** (License #1902)

Massage and Core Synchronism for all ages  
Contact: 505-803-1476 / lluvia@carneliancenter.org

### **Maria Chilton** (License #1830)

Transformational Massage, Hot Stone. Owner - Little River Remedies  
Contact: 505-927-2974 / maria@carneliancenter.org

### **Montse Serra**

Spiritual Healer, Family Constellations, Reiki & Akashics Master  
Contact: 402 5151 2791 / montse@carneliancenter.org

### **Cathy J. Robison** (License #6599)

Massage Therapist Anatomy based Therapeutic Massage  
Contact: 505-670-6124 / cj@carneliancenter.org

### **Katalina Olivia Gurulé**

Herbal Consultations. Reiki. Limpias. Licensed Practical Nurse  
Contact: 505-573-0068 / lumbreluna@gmail.com

### **Sarah Grant** (License #1038)

Practices Japanese Style Acupuncture  
Contact: 505-603-0362 / sarahcrawfordgrant@gmail.com

### **Susan Prins** (License #MT8460)

Veterans' Community Care massage therapy provider  
Contact: 505 901-1272 / susan@carneliancenter.org

### **Phillip Eliezer Klein** (DOM#1256)

Acupuncture, Oriental Medicine & Biodynamic Farming  
Contact: 505-226-3066 / elie@carneliancenter.org

### **Jenny Rizzo** (License #8019)

Craniosacral Therapy, Birth and Postpartum Doula  
Contact: 505-929-9622 / zarizzo@gmail.com

### **Roxanne Sanchez**

Chronic Pain. Yoga and Tai Chi Teacher .Community Health Worker  
Contact: 505-417-6135 / roxanne@carneliancenter.org

### **Kaycee Hinckley** (OT License # 3187)

Occupational Therapist and Neurofeedback Provider  
Contact: 307-272-0181 / kaycee@carneliancenter.org  
www.nimblecare.org

Disclaimer: The ideas and opinions expressed in this newsletter do not necessarily reflect the views of the Carnelian Center or its representatives. The authors do not claim to diagnose or treat disease. The newsletter is intended for entertainment purposes only.