



**Integrated  
Therapeutic  
Solutions, LLC**

*Integrating Mental Health  
With Overall Wellness\**

# I.T.S. Wellness Newsletter

## January 2021



## Celebrating Mental Wellness Month

January is Mental Wellness Month, a month dedicated to bringing awareness to the different aspects of our life that contribute to our overall sense of well-being. Take time this month to take stock in how you can improve your physical, emotional, social and spiritual health & wellness.

### **Here are some tips that can help everyone improve their mental wellness:**

- **Laugh** — Humor is a great stress-reducer, releasing chemicals in the brain that improve our mood and physical health.
- **Exercise** — Exercise relieves tension and stress allowing for more restful sleep, along with boosting mood, energy, self-esteem, and cognitive functioning.
- **Improve your diet** — Like an expensive car, our brains function best when we provide it with premium fuel. This includes foods rich in vitamins, minerals, and antioxidants and plenty of water.
- **Get enough rest** — Sleep deprivation affects your physical and mental state by weakening your immune system and increasing stress hormones. Sleep deprivation also makes it harder to make decisions, concentrate, remember things, and regulate emotions.
- **Avoid negative self-talk** — Repeating negative beliefs we have about ourselves can make structural changes in our brains. Try to interrupt self-deprecating scripts and ask yourself, would I say those things to a loved one?
- **Ask for help if you feel overwhelmed.** Social connections provide support in times of hardship and improve our quality of life on a daily basis. Some problems require the help of a professional and at Integrated Therapeutic Solutions, we are here to help. Reach out to us at (678) 722-1031 to discuss your counseling needs.

## The Wellness Benefits of Music

Studies show that listening to music can provide us with benefits beyond entertainment. Positive or relaxing music has a number of beneficial effects in mental health and physical wellness. Playing background music while the listener is primarily focused on another activity can improve performance on cognitive tasks. Incorporating music into learning tasks intentionally can also help with memorization of new information. A study found that participants learning a new language showed greater improvement in language abilities when they practiced singing new words and phrases, rather than speaking them normally or repeating them rhythmically. Music has also been shown to help with mood, likely due to the fact that music stimulates reward and pleasure centers in the brain, releasing endogenous opioids and oxytocin. A 2013 study suggested that listening to music has an impact on the human stress response, positively affecting the participants' autonomic nervous system. Those who had listened to music tended to recover more quickly following a stressor. Playing calming instrumental music has also been shown to improve blood pressure. Researchers believe that this is because the rhythm of the music syncs with the body's natural rhythms. Music has also been shown to be helpful in pain management. A study of fibromyalgia patients found that those who listened to music for one hour a day experienced a significant reduction in pain compared to those in a control group.

