



MoodNews

UPDATES FROM THE MOOD TREATMENT CENTER | FALL 2018

The Brain at School

7 Ways to Improve Concentration

The American Medical Association recommends starting school no earlier than 8:30 a.m. While we wait for our local institutions to heed that warning, these tips will help you stay alert during those all-too-early mornings.

1. Dawn Simulator

Both the teenage brain and the depressed brain can take a long



Our Boone office opens January 2019 in the North Carolina Mountains

time to wake up. *Sleep inertia* is the name for this groggy state, and a dawn simulator improves it by creating a virtual sunrise in the bedroom. The slow increase in light gradually lifts the brain out of deep sleep, so that people wake up more alert, less depressed, and more energized throughout the day.

Find recommended products at:
moodtreatmentcenter.com/dawnsimulator.pdf

2. Screen Time Solutions

There's a reason so many teenagers are night owls. Melatonin, the hormone that sets sleep, is slow to rise in this age group, so they stay up later and later. Blue light delays melatonin even further and the modern home is full of blue light emitters: smart phones, energy efficient bulbs, TVs, and computers. Lowering blue light in the evening deepens sleep and helps people think faster the next day.

Most electronic devices offer "night mode" settings that filter out the blue light, but that doesn't make a serious dent in the problem. A better solution is to wear amber-tinted glasses 1-2 hours before bed. These filter out 90% of blue light and improve mood and concentration the next day. They can even turn a night owl into a morning person. We sell these glasses at cost at our office or they are available from Amazon:

moodtreatmentcenter.com/bluelight.pdf

3. Caffeine

Caffeine improves alertness, but can also cause anxiety, insomnia, and uncomfortable swings of energy. A solution: replace coffee with green or black tea. These contain *L-Theanine*, a molecule that improves anxiety and memory. If you're not ready to give up coffee, try spacing the dose out in small portions. A half or a quarter cup of coffee every 1-2 hours will keep

New Locations

Boone

We've gathered a group of talented people to address the dire shortage of mental health providers in Western Carolina at our Boone office, which opens January 2019.

The staff will include Chris Aiken, Heather Herman, Laura Ingalls, Randy Johnson, and Erica Mann; all of whom have also worked in our Triad offices.

Off Country Club Rd in Winston

Now open at 104 Cambridge Plaza Dr, with Brian McCarthy, Laura Davis, Ben Bentley, Brittany Bodwell, Stephanie Butcher, Jillie Gaukstern, Julie Gleim, Cheryl Goldberg, Kelly Joyce, Lisa Peaty, Kristen Pascal, Becky Stevens, Esther Suess, Kate Totten, and Ali Turner.



104 Cambridge Plaza Drive

your caffeine levels steadier. There's a limit to how much coffee can raise alertness. Find the lowest dose that works for you and space it out. Any more just causes anxiety and addiction.

Avoid caffeine after 2 p.m. to preserve sleep, a more reliable source of energy.

4. Food

The MIND diet enhances mood and memory. It involves raising fruits, vegetables, whole grains, beans, nuts, and fish; and lowering foods that are sweet, fried, fast, or processed:

moodtreatmentcenter.com/minddiet.pdf

5. Water

Staying hydrated with a bottle of water on your desk improves concentration and school performance.

6. Exercise

Aerobic exercise strengthens the memory center of the brain more than reading or studying. 30 minutes a day, or 45 minutes every other day, is a good dose.

7. Make it Matter

During sleep, memories are pruned so that only the most emotionally relevant are kept. The brain literally tags the memories that capture our emotional interest, marking the *glial cells* that store them.

Mindfulness Podcast

Join us every Friday for a free podcast on mindfulness. You'll learn how to apply this popular stress-reduction technique to your everyday life. Search Mood Treatment Center where ever you listed to podcasts, or online at: anchor.fm/moodtreatmentcenter

New Providers

Bethany Godwin, LPC uses practical, skill-building therapies including cognitive behavioral therapy (CBT) and dialectical behavioral therapy (DBT). A native of Winston-Salem, she completed her graduate degree at East Carolina University (Clemmons office).

Sara Freeman, LPC-A uses Acceptance & Commitment Therapy (ACT), a practical, mindfulness based therapy. A graduate of UNC-G's top-rated counseling program, she has published research on the benefits of mindfulness training (Greensboro Office).

Cliff Harper, PA is a psychiatric PA who provides medication, natural therapies, and behavioral treatments. Cliff began his medical career in emergency services and found in that work an inspiration to help people with mental health problems. A native of Winston-Salem, Cliff completed his graduate degree at Methodist University and his undergraduate at UNC-Greensboro (Clemmons office).

Randy Johnson, LPC brings a broad range of clinical experience to his work using CBT and other therapies to help people find practical solutions to their difficulties. He also has experience working with clients whose spiritual life is central to their therapy (Clemmons and Boone Office).

Ann Marie Tucker, LMFT works with all ages and he uses therapy approaches from cognitive-behavioral (CBT), solution focused therapy, and trauma based therapies. A native of North Carolina, she completed her graduate degree at Scarritt College in Nashville, TN (Winston-Salem office).

That's why it helps to find something personally meaningful in the material you're learning. If it's a boring lecture on accounting, try to connect it to your beloved grandmother who is having tax problems. A dry history book? Imagine yourself in that time period.

Full Service DBT

Dialectical Behavioral Therapy (DBT) can work when other therapies have not. It's designed to help people with mood swings, borderline personality disorder, self-destructive behaviors, trauma, and unstable relationships.

DBT works best when it's taken on as a full program. That includes weekly individual therapies, skill-

build educational groups, and phone coaching to help put that learning into action. We now offer a full DBT program in Winston-Salem. Register at:

moodtreatmentcenter.com/dbt

Treatment Breakthroughs

You can expect a full recovery from mood and anxiety problems. Below are the latest breakthroughs:

Medication and Devices

Trans Cranial Magnetic Stimulation for obsessive compulsive disorder (OCD) and depression.

Intranasal Ketamine may soon be available for depression.

Gabapentin (Neurontin) for panic.

Atomoxetine (Strattera) for amphetamine addiction.

Natural

L-Theanine for anxiety and memory.

Blue light blockers prevent post-partum depression.

Therapy

Eye Movement Desensitization (EMDR) treats panic disorder.

Brainspotting for post traumatic stress.