

MENTAL HEALTH CLINIC

ISABEL HENRIQUES

NEWSLETTER

APRIL 2021



WHAT'S NEW?

Our team continues to grow! We welcome the psychologists Beatriz and Margarida!

Beatriz is Brazilian and does face-to-face and online consultations. Margarida is Portuguese and responsible for the administration of the Clinic.



THIS MONTH'S EDITION

This month, we introduced the new members of the team Mental Health Clinic IH, talked about the importance of diet in mental health, and the negative impact of social media on children's well-being.

During Easter time, we bring you tips on what you can do with the children to celebrate this holiday respecting the rules of confinement, we bring you a delicious recipe to bake with the family, and we end with a reflection on how this holiday is celebrated in different cultures.



MENTAL HEALTH CLINIC
ISABEL HENRIQUES

GGZ Institution Annette Kalbfleisch

THE NEW MEMBERS OF THE TEAM MENTAL HEALTH CLINIC ISABEL HENRIQUES INTRODUCE THEMSELVES



Hi, I'm Beatriz. I am Brazilian and have lived in the Netherlands for 2.5 years. I have been a psychologist for 15 years and have dedicated myself to psychological practice in recent years. I live in Alkmaar, a beautiful city in the north of the country, with my husband, my son and a little dog.

I am passionate about books, art and music. I find in reading a refuge for the mind and the opportunity to always learn more, in the arts a connection with different ways of expressing what one feels and thinks.

In my daily life, I meet people with a lot of capacity and inner strength, but I also see that there are pains and anguishes, even because they live in another country and in another culture. I'm glad that I can help them understand what they feel and live better.

Hello! My name is Margarida. I was born in Portugal and I have been living in the Netherlands for about 2 years. My first passion is psychology and I have always valued mental and physical health. I like to maintain a healthy routine which includes some type of exercise for the mind and body, so I practice sport and meditation.

In addition to psychology, there are a few other passions that I have in my life, such as singing and dancing. In Portuguese, there is a saying that singing chases away the blues, and that is exactly what I achieve with my hobbies. Over time I have learned that life has ups and downs and that it is not always easy to deal with the many experiences we have gone through. However,, I have also learned that there is always the possibility of help.





MENTAL HEALTH AND THE IMMUNE SYSTEM

The concept of health is whole, considering the body and mind as complements. Without physical health it is difficult to achieve mental health and vice-versa.

When our physical condition is not well, it is difficult to feel good mentally. Sometimes, when we have physical problems we may feel they take over our mind and tire us mentally. It is therefore important to be physically well in order to take better care of our mental health.

Vulnerability and resilience to psychological disorders are affected by many factors, including inflammatory immune factors.

The immune system is a complex network composed of cells, tissues and organs that, together, protect us from viruses, bacteria or fungi, in order to guarantee the proper functioning of our organism.

When inflamed, the immune system can influence the development and maintenance of mental disorders. Likewise, such disorders can negatively affect the immune system, turning it weaker.

Therefore, it is important to pay attention to our diet, which must be balanced and rich in nutrients to strengthen this system and help our body fight physical and mental illnesses.



4LIFE SUPPLEMENTS

Mental Health Clinic Isabel Henriques recognizes the need for a balanced diet with vitamins and minerals as a complement to psychological treatment.

Continuous care of your immune system can help you fight disease and maintain a healthy life.

To make this possible, the 4Life supplement line was created especially for this function. 4Life is a reliable company, with high quality products developed by researchers specialized in the field.

If you are interested, contact us to find out more about which supplements are right for you.

For more information:
<https://netherlands.4life.com/IsabelHenriques>



CHILDREN & ADOLESCENTS: THE IMPACT OF SOCIAL MEDIA ON MENTAL HEALTH

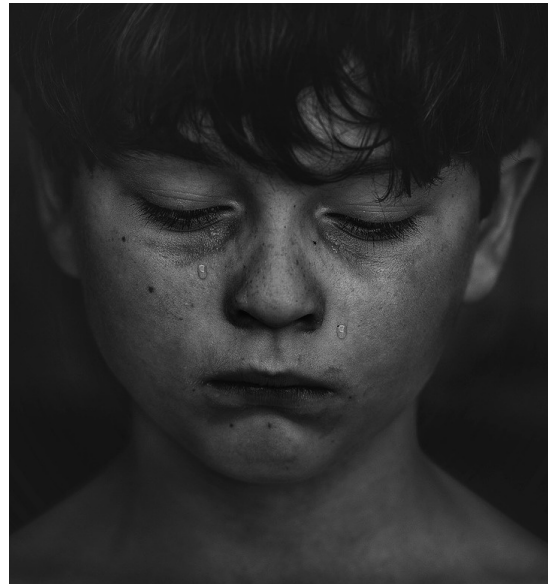
Parents of the so-called generation Z, born between 1995 and 2010, face a new challenge never before seen by parents of previous generations: the relationship of their children with the internet.

The birth period of generation Z is also the period in which social media were created, universalised, and materialised as a new form of interaction. From MySpace and Orkut to Instagram and TikTok, we have changed the way we present ourselves and connect with the world. It is no longer new that technological inventions change society and human psychology, but no revolution has impacted so many people in such a short period of time as social media have.

If the new trends in this virtual world affects even adults who are supposed to have a concrete view of themselves, what effect can it have on children and adolescents who are still developing their identity?

We still don't fully understand the impact that social media have on the personality and identity development of children and adolescents, but studies show a correlation between hours of use of social media and the risk of depression and suicide.

For this generation, the amount of likes and followers is a sign of status and relevance, which can offer the attention and positive reinforcement that is not offered at home. (To be continued).



WARNING SIGNS IN CHILDREN AND ADOLESCENTS

- Changes in sleep or diet
- Self-injury or self-harm behaviors, such as cutting or biting nails until they bleed.
- Intense feelings of sadness and/or anxiety
- Start misbehaving at home or at school
- Isolation and distance from colleagues and friends, preferring to be alone most of the time
- Regressive behaviors such as peeing in bed again, great dependence on parents, or tantrums that no longer existed
- Presence of somatic complaints, such as headaches or bellyaches
- Manifesting that he/she is not able to do something, diminishing him/herself, and even insulting him/herself.

If your child has the signs described above, seek professional help.

But if such attention and positive reinforcement are found neither at home nor online, children and adolescents can feel extremely alone and without support, quickly leading them to develop signs of hopelessness and depression.

A UK study by Kelly, Zilanawala, Booker and Sacker in 2018 shows a correlation in hours of social media use and depressive symptoms, especially in girls. More hours on social media (≥ 5 hours) were also related to online harassment, sleep difficulties, low self-esteem, negative body image and dissatisfaction with their own weight.

Why can it be difficult for parents to perceive this negative impact on their children? Parents of this century, children of Generation Y and grandchildren of the Baby Boomers, cherish their own free time much more than their grandparents and parents did. Today, we have easier access to childcare services, and the practicality of using technology as a substitute for a nanny. We believe that because our children are at home they are safe, and we end up ignoring the existing dangers of the internet that can affect not only children's mental health, but also their well-being and safety.

Therefore, it is essential that parents are attentive and involved in their children's online and offline lives. Being part of the children's support network can protect them against the need for attention elsewhere and against the positive reinforcement of social media.

Technology does not need to be seen as something solely negative. When used in a controlled manner, it can help in the development of motor skills, in promoting communication and interaction with others, in improving cognitive functions, and providing accessibility that generates knowledge.

Parental control functions exist on many devices, such as mobile phones, computers and tablets, and online services such as Netflix, YouTube and Google, facilitating a restriction. The options may vary from placing a time limit on use to blocking adult content pages. Such functions can be used as an ally of the parents when implementing limits on their children's online activities.

Our psychologist Mélisa, specialized in child therapy, has separated some tips and recommendations for parents and caregivers on how to deal with this issue.



WHAT IS THE PARENTS' ROLE?

For prevention, prohibition is not the solution. Social media are part of life in society and offer many advantages. But setting limits is essential. In addition, positive reinforcement and attention should be given at home.

- Analyse and record activities. Compare your child's time online and in group activities.
- If (s)he is spending a lot of time on social media, look for other stimuli like recreational games, hobbies, or sports.
- Find out and get involved in what your kids like. They will notice your interest and will be more likely to share more of their life with you.
- Organize tech-free events like board games or theme nights.
- Opt for verbal communication.

RECOMMENDATIONS

- **2 years:** start of contact with electronic devices
- **5 years:** maximum 1 hour/day
- **6 to 12 years:** increase to 2 hours/day
- **From 13 years old:** increase to 3 hours



EASTER ACTIVITIES WITH THE LITTLE ONES DURING CONFINEMENT

Another holiday has arrived where we still need to be in lockdown. For those with small children, the challenge is even greater. After a year in this situation, we no longer have as much energy or creativity to continue to entertain the children. With this in mind, we have selected some activity ideas for a simple and fun Easter at home!

1. Family painting

How about buying a large canvas and bringing the whole family together to create a work of art together?

2. Egg painting

A fun activity for all ages! You only need eggs, artificial colours, and paint brushes.

3. Egg hunt

The traditional treasure hunt, but with chocolate eggs! Hide chocolate eggs around the house and/or garden and leave tips for the little ones to find them!

4. Bunny Hop

For those who have space at home, it is the well-known sack race, with Easter theme. You can use grocery bags or a pillowcase.

5. Spoon and Egg Race

If you're not brave enough to use real eggs, a nice adaptation could be a tennis ball or plastic ball.

6. Board Games

The classics hardly disappoint. Get the family together for one (or several!) matches of your favorite game!

7. Afternoon of themed films

To enjoy the Easter time, we selected some films with rabbits as protagonists to watch with the family: Hop, Peter Rabbit, Wallace & Gromit: The Curse of the Were-Rabbit



VIEWS ON EASTER: CELEBRATIONS OF DIFFERENT RELIGIONS AND CULTURES

According to Christians, Jesus Christ was resurrected after death. In other words, Easter Sunday is a day to celebrate life over death and good over evil.

Like all Christians, evangelicals consider Easter week to be a holy date. Sunday represents humanity's salvation from her sins. Like Catholics, they celebrate the victory of life over death and, above all, the return of Jesus as the great savior.

Passover, on the other hand, is linked to events that took place three thousand and three hundred years ago and symbolises the liberation of the Jews from Egypt's captivity. It is characterized mainly as the date of freedom.

In the doctrine of spiritism, there is no ritual. Easter is a symbolic date, only characterized by internal renewal and spiritual evolution.

Easter is also not celebrated by Muslims. The most important date for Islam is Ramadan, celebrated in the month in which the Koran was revealed. At this time, devotees spend 30 days fasting.

In India, during this period in which we celebrate Easter, a festival called Holi, also known as the Festival of Colors, is celebrated. During the festival, people throw powders of different colors at each other. The festival is to celebrate the appearance of Krishna, a Hindu god. It is one of the biggest parties in the country.

In El Salvador, during Easter the "Talciguines" ritual takes place, where people in costumes imitate a fight between Jesus and the Devil. This tradition is carried out in Texistepeque, a city close to the capital. The good side always wins.

In Sweden and Finland, Easter is similar to Halloween in the United States. Dressed as witches, the children go out into the neighborhood to ask for sweets and money, offering decorated cards in return.

The celebration of the Russians is also interesting. They paint chicken eggs to offer, but egg paintings in Russia are far more elaborate than, for example, in the USA. When they go to present someone with the eggs, they say "Christ is risen". The person who receives it says "Truly risen" and they kiss three times of the cheek. Orthodox Catholicism is very strong in Russia.

In Australia it is not the rabbit that is associated with Easter, but a marsupial. This change happened because rabbits are seen as a plague there, as after 1860 a Briton took 24 animals with him to be able to practice his favorite hobby (hunting rabbits). With the reproductive capacity they have, in 10 years they have become a pest that remains uncontrolled. So they decided to exchange the pet for an animal native to Australia, which is now at risk of extinction.

This season is celebrated in different countries of the world but the culture of each place makes Easter celebrated differently across the globe.

We can see the importance of knowing people's culture and life history so that we can understand them better and respect them more.

We are all so different! In this season of celebration we should feel compassion and respect for each other!

Mindful Eating



EASTER RECIPE

Easter is a time of celebration, where smiles, love and stories are shared at the table. Mental Health Clinic IH wants to help you celebrate this festive season by sharing a recipe that you can make and enjoy with your family. Take advantage of this moment not only to celebrate this special date, but also to enjoy the pleasure of being in that moment enjoying a typical Portuguese recipe.

Ingredients

4 eggs
150g of sugar
100g of flour
50g of grated almonds
1 tea spoon of baking powder
Drops of vanilla essence
Butter for greasing
Flour for sprinkling
Egg threads as you please
Colored almonds and chocolate eggs
150g of cooking chocolate

Directions

1. Start by preparing the cake.
2. Beat the eggs with the sugar in an electric mixer for 10 minutes.
3. Add the almond and flour slowly and without mixing.
4. Finally add the vanilla essence and the baking powder. Grease a nest-shaped pan with butter and sprinkle with flour.
5. Place the dough inside and bake at 180° for 10/12 minutes.
6. Check with a toothpick.
7. Once cooked, unmold on a net.
8. Allow to cool slightly.
9. For the icing, melt the chocolate in a water bath.
10. Place the cake on the serving plate and cover it completely with the chocolate.
11. Fill the cavity with the egg threads, and place the almonds and eggs on top.
12. Finish by making an egg thread fence around the nest.