

"What mental health needs is more sunlight, more candor, more unashamed conversation."  
Glenn Close.

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## 4-7-8 BREATHING

From: drweil.com

This breathing exercise is a natural tranquilizer for the nervous system. This exercise is subtle to begin when you first try it, but gains power with repetition and practice. You can do the exercise in any position, sit with your back straight while learning the exercise. Place the tip of your tongue against the ridge of tissue just behind your upper front teeth, and keep it there through the entire exercise. You will be exhaling through your mouth around your tongue; try pursing your lips slightly if this seems awkward.

- Exhale completely through your mouth, making a whoosh sound.
- Close your mouth and inhale quietly through your nose to a mental count of **four**.
- Hold your breath for a count of **seven**.
- Exhale completely through your mouth, making a whoosh sound to a count of **eight**.
- This is one breath. Now inhale again and repeat the cycle three more times for a total of four breaths.

Do this at least two times a day; you can't do it too often.

"Practicing a regular, mindful breathing exercise can be calming and energizing and can even help with stress-related health problems ranging from panic attacks to digestive disorders."

Andrew Weil, M.D.



# RISKS OF MIXING ALCOHOL WITH PRESCRIPTIONS

## According to the National Institute on Alcohol Abuse and Alcoholism

Mixing alcohol and medicines can be harmful. Alcohol, like some medicines, can make you sleepy, drowsy, or lightheaded. Drinking alcohol while taking medicines can intensify these effects. You may have trouble concentrating or performing mechanical skills. Small amounts of alcohol can make it dangerous to drive, and when you mix alcohol with certain medicines you put yourself at even greater risk. Combining alcohol with some medicines can lead to falls and serious injuries, especially among older people.

Mixing alcohol with medications such as, Risperdal, Invega, Seroquel and Zyprexa can increase drowsiness, dizziness; increase feelings of hopelessness; impair motor control; increase risk for overdose.

ALCOHOL.ORG

### Using Alcohol in Conjunction with Antidepressant Drugs

The major effects of using alcohol in conjunction with most antidepressant drugs include:



Inhibiting the medicinal effect of the antidepressant drug



Issues with drowsiness, dizziness, and even an increase in one's level of depression



An increase in the effects of the alcohol, particularly in one's motor functioning



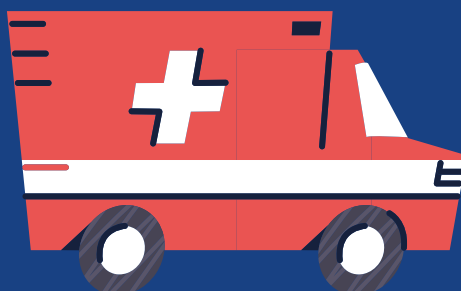
An increased potential for damage to organs, such as the liver

## Summer Safety

From: weather.gov

Follow these guidelines to help you beat the heat:

- Try to stay in air-conditioning
- Drink plenty of water
- Avoid strenuous activity
- Wear loose, light-colored clothing
- If outside stay in the shade as much as possible
- Remember to provide shade and water to pets
- Check on neighbors
- Never leave children or pets in vehicles



Call 9-1-1 for these symptoms:  
Hot, dry skin  
Confusion  
Unconscious  
Chest Pains  
Shortness of Breath

### Tasty Tip:

**Try adding fresh fruits, vegetables or herbs to your water for a refreshing drink!**