

LC3 Behavioral Health Collaborative

GENERAL MEETING - VADO, NM
NOVEMBER 2025

11.18.2025

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November General Meeting Agenda

10A - Check-In & Networking

10:15A - Welcome & Introductions

10:45A - FYI+ Mobile Crisis Team Presentation (MCT)

11 A - Special Guest Speaker Kristin Drake
Deactivation of the Limbic System in De-Escalation

12:30 P - Lunch

1:15 P - Manifest Your Mood: Regaining Control of Your
Happiness (Kristin Drake, Cont.)

1:45P - Wrap-Up & Community
Sharing

Sign-In

Iniciar sesión



<https://tinyurl.com/LC3GMSignin>

Vision

To build a behavioral health system that is inclusive, organized, centered on the individual and family, and is committed to advocating for and providing comprehensive mental health and substance use disorder services for people across Doña Ana County, New Mexico.

THE TEAM



Logan Howard
(He, Him)
Director of
Community
Impact & Public Policy
FYI+



Javier Guerrero
(He, Him)
Innovative
Community Services -
ICS Strategist
FYI+



Deandra Rodriguez
(She, Her)
Innovative
Community Services -
Interim ICS Manager
FYI+



Kayleigh Martinez
(She, Her)
Innovative
Community Services -
ICS Strategist
FYI+



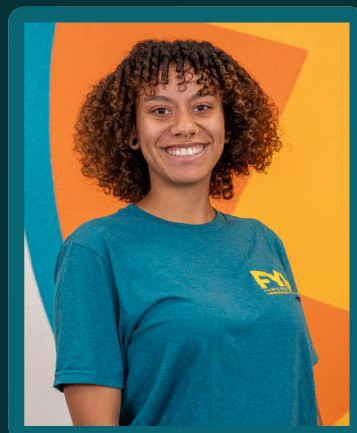
Lindley Hornsby
(She, Her)
Innovative
Community Services -
ICS Strategist
FYI+



Arlo Menchaca
(He, Him)
Innovative
Community Services -
Youth Systems Coord.
FYI+

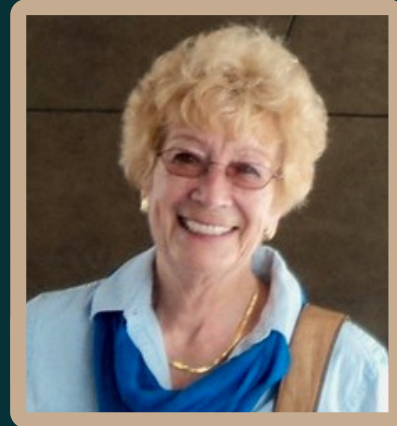


Julianna Sandoval
(She, Her)
Innovative Community
Services - ICS Intern
FYI+

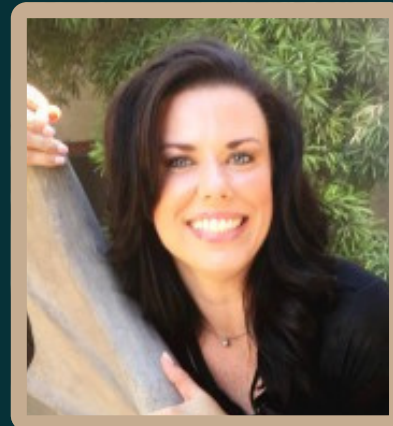


Ayeisha Martinez
(They, Them)
Innovative Community
Services - ICS Intern
FYI+

The Board



Carol Kane
(She, Her)
Board Chair
Oxford House



Kristin Drake
(She, Her)
Morphotic
Solutions
LLC



Melissa Ontiveros
(She, Her)
Community Action
Agency



Sherri Rhoten
(She, Her)
Board Secretary
Fox Recovery



Wes Smith
(He, Him)
Mobile Integrated
Health (MIH) -
LCFD



THURSDAY
NOV 20
10A-2P

Mindfulness & Self Care

For Behavioral Health & Substance Use Providers

VIRTUAL TRAINING PROVIDED BY
THE NATIONAL LATINO
BEHAVIORAL HEALTH
ASSOCIATION

NO COST -
BROUGHT TO YOU BY LC3

3 CEUS

BEHAVIORAL HEALTH AND SUBSTANCE USE DISORDER (SUD) PROVIDERS ARE OFTEN ON THE FRONT LINES OF CARE, FACING EMOTIONALLY DEMANDING WORK THAT CAN LEAD TO COMPASSION FATIGUE AND BURNOUT. THIS TRAINING, LED BY THE NATIONAL LATINO BEHAVIORAL HEALTH ASSOCIATION (NLBHA), OFFERS PRACTICAL STRATEGIES FOR INTEGRATING MINDFULNESS AND SELF-CARE INTO DAILY PRACTICE. PARTICIPANTS WILL EXPLORE EVIDENCE-BASED TECHNIQUES TO REDUCE STRESS, ENHANCE EMOTIONAL RESILIENCE, AND IMPROVE OVERALL WELL-BEING. THE SESSION IS DESIGNED TO SUPPORT PROVIDERS IN MAINTAINING THEIR OWN MENTAL HEALTH WHILE SUSTAINING HIGH-QUALITY CARE FOR THE COMMUNITIES THEY SERVE.



TUESDAY
NOV 25
11A-1P

Leadership Development

For Behavioral Health & Substance Use Providers

VIRTUAL TRAINING PROVIDED BY
THE NATIONAL LATINO
BEHAVIORAL HEALTH
ASSOCIATION

NO COST -
BROUGHT TO YOU BY LC3

THIS INTERACTIVE TRAINING IS DESIGNED TO STRENGTHEN LEADERSHIP CAPACITY AMONG BEHAVIORAL HEALTH AND SUBSTANCE USE DISORDER (SUD) PROVIDERS. LED BY DR. J ROCKY ROMERO OF THE NATIONAL LATINO BEHAVIORAL HEALTH ASSOCIATION (NLBHA), THE SESSION WILL EXPLORE CORE LEADERSHIP PRINCIPLES, EFFECTIVE COMMUNICATION STRATEGIES, AND CULTURALLY RESPONSIVE PRACTICES TAILORED TO THE UNIQUE CHALLENGES OF SERVING DIVERSE COMMUNITIES.

3 CEUS



TUESDAY
DEC 9
10A-2P

Youth Mental Health First Aid

For Behavioral Health & Substance Use Providers

VIRTUAL TRAINING PROVIDED BY
THE NATIONAL LATINO
BEHAVIORAL HEALTH
ASSOCIATION

NO COST -
BROUGHT TO YOU BY LC3

7.5
CEUS

YOUTH MENTAL HEALTH FIRST AID IS DESIGNED TO TEACH PARENTS, FAMILY MEMBERS, CAREGIVERS, TEACHERS, SCHOOL STAFF, NEIGHBORS, HEALTH AND HUMAN SERVICES WORKERS, AND OTHER CARING CITIZENS HOW TO HELP AN ADOLESCENT (AGE 12-18) WHO IS EXPERIENCING A MENTAL HEALTH OR ADDICTIONS CHALLENGE OR IS IN CRISIS. YOUTH MENTAL HEALTH FIRST AID IS PRIMARILY DESIGNED FOR ADULTS WHO REGULARLY INTERACT WITH YOUNG PEOPLE. THE COURSE INTRODUCES COMMON MENTAL HEALTH CHALLENGES FOR YOUTH, REVIEWS TYPICAL ADOLESCENT DEVELOPMENT, AND TEACHES A 5-STEP ACTION PLAN FOR HOW TO HELP YOUNG PEOPLE IN BOTH CRISIS AND NON-CRISIS SITUATIONS. TOPICS COVERED INCLUDE ANXIETY, DEPRESSION, SUBSTANCE USE, DISORDERS IN WHICH PSYCHOSIS MAY OCCUR, DISRUPTIVE BEHAVIOR DISORDERS (INCLUDING AD/HD), AND EATING DISORDERS.



RSVP FOR ALL
TRAININGS & EVENTS:
[WWW.TINYURL.COM/
LC3TRAININGPORTAL](http://WWW.TINYURL.COM/LC3TRAININGPORTAL)

CONFIRMA TU
ASISTENCIA A TODOS
LOS CURSOS Y
EVENTOS:
[WWW.TINYURL.COM/
LC3TRAININGPORTAL](http://WWW.TINYURL.COM/LC3TRAININGPORTAL)

SURVEY PARTY
SATURDAY, NOVEMBER 21, 2025
3:00 PM – 7:00 PM
LA VIDA PROJECT, LAS CRUCES

THIS IS A DROP-IN EVENT, AND PARTICIPANTS CAN COME ANYTIME DURING THE EVENT WINDOW TO TAKE A SHORT SURVEY. EVERYONE WHO COMPLETES THE SURVEY WILL RECEIVE \$20 IN CASH.

Youth Voices Wanted Compensation Provided

Help Improve systems for youth experiencing homelessness by taking a survey or participating in a focus group!

Who Can Participate

Youth (ages 14–24) living in Southwest New Mexico who may have:

- Slept on a friend's couch or in a vehicle
- Moved from place to place
- Stayed somewhere that didn't feel safe
- Been involved in the foster care system
- Resided in temporary housing or shelters
- Experienced eviction
- Required service intervention to remain housed
- Been at risk of any of the above
- Worked with youth experiencing any of the above

What to Expect

- Once you fill out the interest form, FYI+ staff will contact you to enroll as a participant.
- All participants will receive communications on upcoming opportunities for compensation

Scan the QR code to access the interest form or call the number listed.

\$20 for filling out a survey
\$50 for attending a focus group



Contact Us

Arlo Menchaca (el/he/him)
Youth Systems Coordinator
amenchaca@fyinm.org
(575) 993-3499



SPECIAL GUEST SPEAKER



Michelle Schilling
(She, Her)

Director of Clinical Services
Families & Youth
Innovations Plus

MICHELLE SCHILLING

HELLO, MY NAME IS MICHELLE SCHILLING AND WAS BORN AND RAISED HERE IN SOUTHERN NEW MEXICO.

I BELIEVE I HAVE A NATURAL ABILITY TO CONNECT WITH OTHERS. I AM CURRENTLY THE ASSISTANT CLINICAL DIRECTOR AND I ADDITIONALLY PROVIDE RELATIONSHIP BASED ATTACHMENT THERAPY TO ASSIST CHILDREN AND FAMILIES TO CONNECT WITH EACH OTHER AND HEAL WITHIN THEIR RELATIONSHIPS. I ALSO TRAIN ALL OF OUR CLINICAL STAFF AND OUR TREATMENT FOSTER CARE PARENTS IN RELATIONSHIP BASED AND TRAUMA RESPONSIVE APPROACHES SO THAT WE AS A TEAM CAN HELP FAMILIES MOVE THROUGH THEIR HEALING PROCESSES.

I SPECIALIZE IN TRAUMA FOCUSED COGNITIVE BEHAVIORAL THERAPY, PROTECTION CLARIFICATION, EMDR, TAT, INFANT MENTAL HEALTH SPECIFIC TO CHILD PARENT PSYCHOTHERAPY AND ATTACHMENT INFORMED THERAPY APPROACHES. I HAVE BEEN SERVING FAMILIES IN THE COMMUNITY FOR THE LAST FIFTEEN YEARS AND HAVE EXTENSIVE EXPERIENCE IN WORKING WITH CHILDREN AND ADULTS OF ALL AGES. IN MY PERSONAL TIME I ENJOY SINGING, LISTENING TO LIVE MUSIC, CAMPING, HIKING AND PLAYING GOLF.

FYI+

FAMILIES & YOUTH
INNOVATIONS PLUS

Serving the Community Since 1977 with
person-centered, trauma-informed
Resources, Supports, and Services



STATEMENT OF PURPOSE



FYI+ exists to uplift the lives of ALL individuals and communities we serve across all domains of wellbeing.

We empower our team members, neighbors, and partners through honoring their lived experiences and nourishing their unique gifts, talents, and potential.

We do this by mutually defining, discovering, dreaming, designing, and delivering responsive, sustainable community-based solutions that are data-driven, quality-focused, culturally-rooted, person-centered, and identity-affirming.

HEART FOCUSED BREATHING

FYI+

- Place your attention on your heart.
- If you don't know what this is, try placing your attention on your right finger. Now move that finger. This is placing one's attention.
- imagine breathing in through your heart.
- Feel yourself arriving in your body.
- Breathe in a little bit slower and a little bit deeper.
- See if you can breathe in for a count of 5, and out for a count of 5.
- Stay here for a few minutes.



LEARNING OBJECTIVES AND OUTCOMES

FYI+

Objectives:

- For you to learn how to access and utilize the FYI+ Mobile Crisis Team (MCT).

Outcomes:

- Ability to access & utilize the FYI+ MCT, and to assist others in accessing & utilizing it.



WHAT IS MCT?



- FYI+ Mobile Crisis Team (MCT) is a mobile crisis response team working in partnership with the 988 Suicide and Crisis Lifeline to provide fast, compassionate, and community-based support for people of all ages experiencing a mental health, substance use or emotional crises.
- Our MCT operates 365 days a year, 24 hours a day.
- Our MCT provides care anywhere within Doña Ana County.
- MCT is offered at no cost, and is able to provide onsite support and transportation, if needed.

HOW DOES MCT WORK?

- MCT is simple to access! Someone who is having a mental health crisis may call or text 988.
- If they need a mobile crisis response, and agree to receive help, an FYI+ MCT will be dispatched directly to the location of the crisis.
- The trauma-informed mobile crisis response model is participant voice and choice driven.



**We drive to you.
You drive your care!**

WHAT HAPPENS NEXT?

FYI+

- A response team that includes a licensed clinician and a trained crisis provider will be dispatched to the crisis.
- An on-site mental health assessment, de-escalation, brief intervention and emotional support will be provided.
- Safety planning & connection to ongoing care will be offered.
- All participants receiving a mobile crisis response will receive follow-up care within 24 hours.

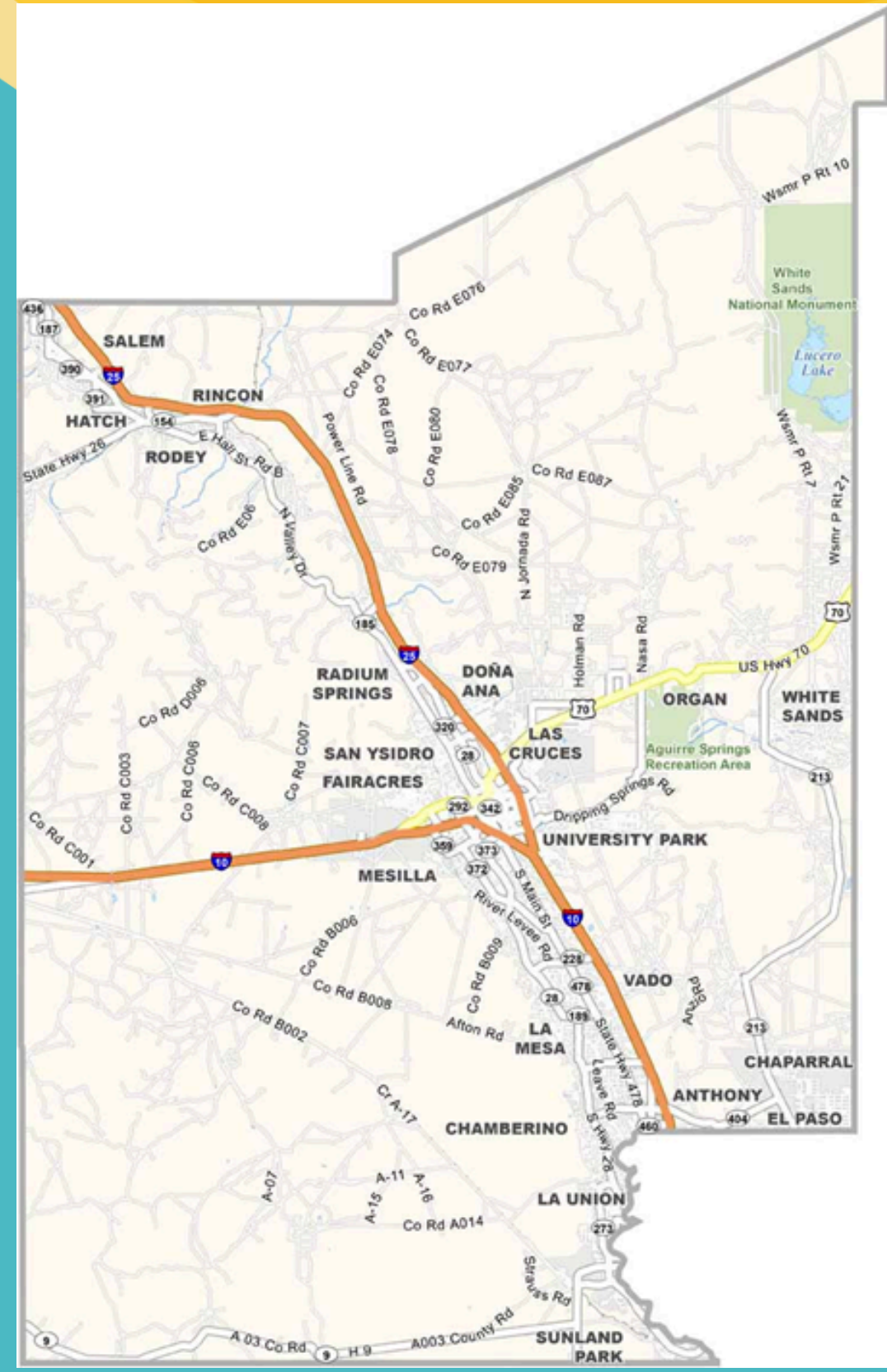


WHO CAN GET HELP?

FYI+

- Anyone, any age, in Doña Ana County, who is having a mental health crisis may call or text 988.
- If someone needs a mobile crisis response, and agrees to receive help, an FYI+ team will be dispatched directly to the location of the crisis.
- Please note: The MCT will only be dispatched if the participant consents to an in-person mobile crisis response.

WHERE WE SERVE?



ACCESS POINTS FOR CARE

FYI+

**Certified Community
Behavioral Health Clinic
(CCBHC)**

1320 S. Solano Drive
Las Cruces, NM 88001
(575) 522.4004
fyiplusnm.org
contact@fyinm.org

**La Vida Project
Youth Success Center**
118 S. Main Street
Las Cruces, NM 88001
(575) 556.1608
lvp.fyiplusnm.org
lavidaproject@fyinm.org

**The Juntos Project
Family Success Center**
715 E. Amador AVE
Las Cruces, NM 88001
(575) 338.1055
familysuccesscenter@fyinm.org

fyiplusnm.org

HOW TO REFER TO FYI+

FYI+



Make Referrals
Via Unite Us on
our Website

CCBHC/Resource & Referral:
referrals@fyinm.org

Family Success Center:
familysuccesscenter@fyinm.org

Youth Success Center:
lavidaproject@fyinm.org

FYI+ MOBILE CRISIS TEAM

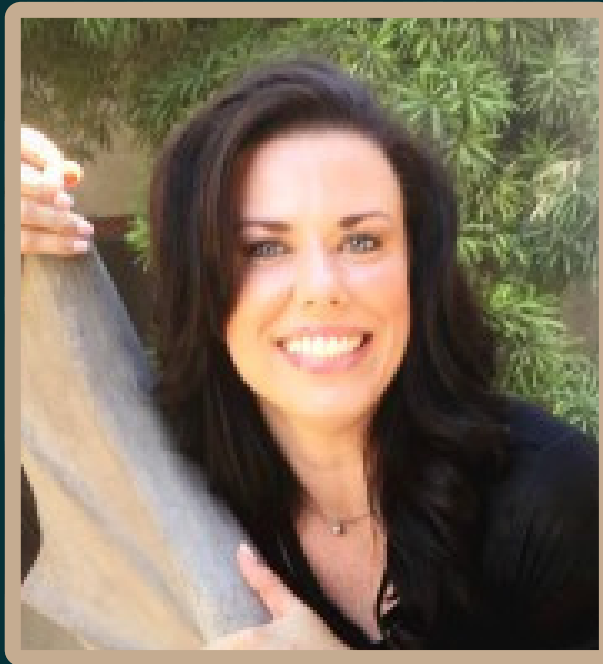
9888

**CALL OR TEXT
YOUR LIFELINE
ANYTIME**





SPECIAL GUEST SPEAKER



Kristin Drake, MBA
(She, Her)
Founder &
Principal Consultant
Morphotic Solutions
LLC

JOIN KRISTIN A. DRAKE, MBA, PRINCIPAL CONSULTANT WITH MORPHOTIC SOLUTIONS, LLC, FOR AN ENGAGING, NEUROSCIENCE-INFORMED TRAINING DESIGNED TO STRENGTHEN EMOTIONAL AWARENESS AND DE-ESCALATION SKILLS.

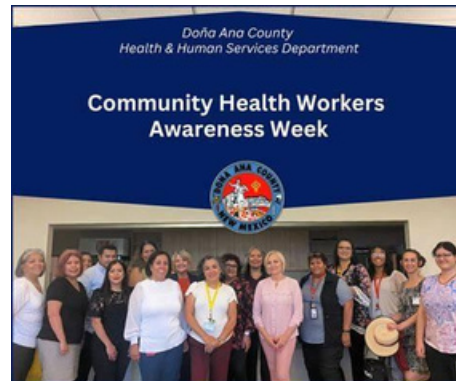
IN THE FIRST SESSION, "DEACTIVATION OF THE LIMBIC SYSTEM IN DE-ESCALATION," PARTICIPANTS WILL EXPLORE HOW THE BRAIN'S LIMBIC SYSTEM DRIVES EMOTIONAL AND STRESS RESPONSES. THROUGH DISCUSSION AND GUIDED PRACTICE, YOU WILL LEARN TO RECOGNIZE SIGNS OF FIGHT, FLIGHT, OR FREEZE ACTIVATION AND APPLY PRACTICAL, TRAUMA-INFORMED TECHNIQUES TO RESTORE CALM AND PROMOTE COMMUNICATION DURING HIGH-STRESS SITUATIONS.

THE SECOND SESSION, "MANIFEST YOUR MOOD: REGAINING CONTROL OF YOUR HAPPINESS," FOCUSES ON HOW NUTRITION, PHYSICAL ACTIVITY, SLEEP, AND SELF-CARE INFLUENCE MOOD AND OVERALL WELL-BEING. PARTICIPANTS WILL GAIN PRACTICAL TOOLS TO ENHANCE EMOTIONAL BALANCE, STRENGTHEN RESILIENCE, AND PROMOTE DAILY MENTAL HEALTH THROUGH SMALL, EVIDENCE-BASED LIFESTYLE ADJUSTMENTS.

TOGETHER, THESE SESSIONS PROVIDE A COMPREHENSIVE VIEW OF HOW OUR BRAINS AND DAILY HABITS INFLUENCE EMOTIONAL REGULATION, COMMUNICATION, AND PERSONAL WELL-BEING.



Limbic System Deactivation and the Fight, Flight, or Freeze Response (F FF...F F)



Kristin A. Drake, MBA
MorphoticSolutions, LLC
📞 334-470-3838
✉️ krisaggiey04@gmail.com

WHAT IS THE FLIGHT, FIGHT, OR FREEZE RESPONSE?

- The activation of the limbic system that causes an INVOLUNTARY physiological and mental response to a perceived threat.

WHY DO WE NEED FFF...FF TO HAPPEN?

- ❖ Our species, and other species, have an innate desire to perpetuate the population.
- ❖ On a smaller level, that means we must survive, right?
- ❖ The FFF response is our brain's way of getting our bodies ready to face an opponent that is trying to cause harm, to run away from the danger, or to hide until the threat is gone.
 - Note: There are also additional involuntary responses called “fawn” (appease) and “flop” (pass out-shock response).



WHEN DO WE NEED OUR FFF RESPONSE?

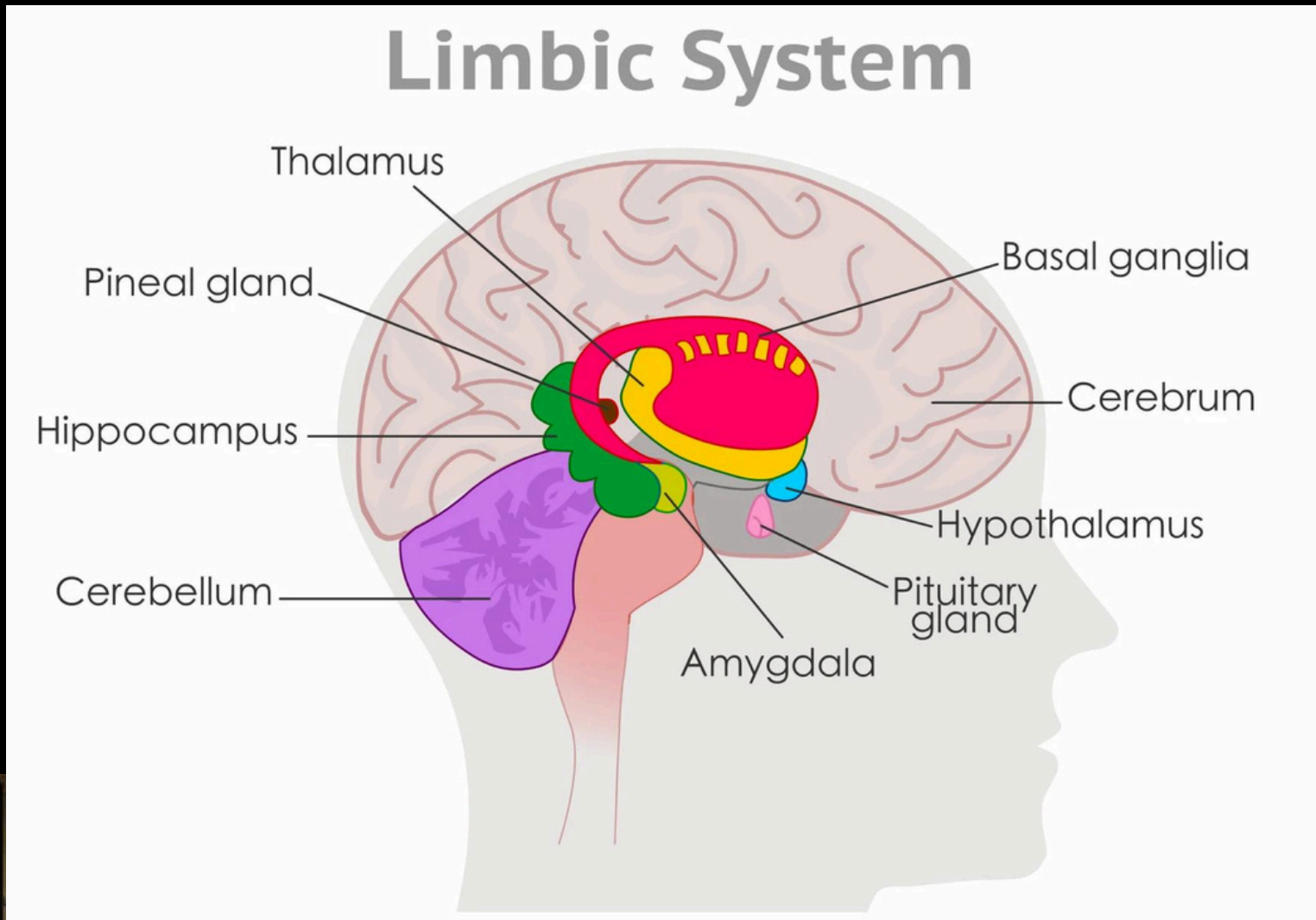
- ❖ When we find ourselves in truly dangerous situations where our lives, the lives of our loved ones, or the lives of those we've sworn to protect are in danger.

WHEN DO WE NEED TO DEACTIVATE THE ACTIVATION OF OUR LIMBIC SYSTEM?

- ❖ LOW-RISK: Is this a life-saving scenario, or is the activation incorrect or a poor match for the situation?
- ❖ We've determined the situation to be that of verbal de-escalation.
- ❖ When the FFF has been activated but was done so because of our overactive limbic system (trauma's effect on our FFF response).
It takes time to know when the limbic system is activated but needs to be deactivated to stay calm and de-escalate a situation.



🧠 LIMBIC SYSTEM ACTIVATION: THALAMUS → PITUITARY GLAND



Brain Region: 1. Thalamus- The Relay Station

Function / Role in Fight, Flight, or Freeze (FFF)

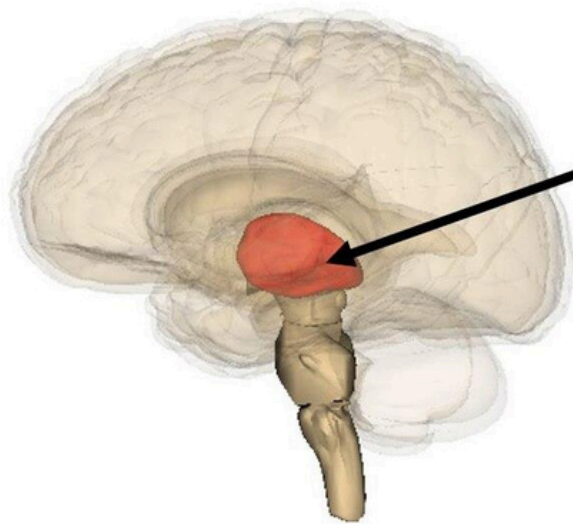
- Sensory relay and prioritization.
- Routes data simultaneously to the amygdala (fast path) and cortex/hippocampus (slow path).
- Enables fast reflexive reactions and slower, rational assessments.
- Acts as the brain's sensory relay station, directing sensory input (except smell) to appropriate brain regions.
- Ensures rapid processing even before you consciously understand what is happening.

Physiological Response in the Body

- Sensory input is processed in milliseconds, prioritizing threat-related stimuli.
- Heightened awareness of sounds, sights, and movement.
- Rapidly relays sensory information from the environment to the amygdala and prefrontal cortex, allowing for both reflexive and thoughtful responses.

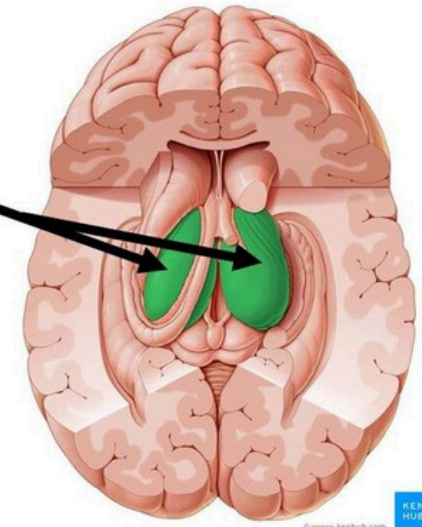


The Thalamus is two small egg shaped sections of grey matter in the forebrain



It is responsible for our motor and sensory senses

Thalamus



It is responsible for relaying our sense of hearing, taste, sight and touch from the body to the brain

Brain Region: 2. The Amygdala- The Watchdog

Function / Role in Fight, Flight, or Freeze (FFF)

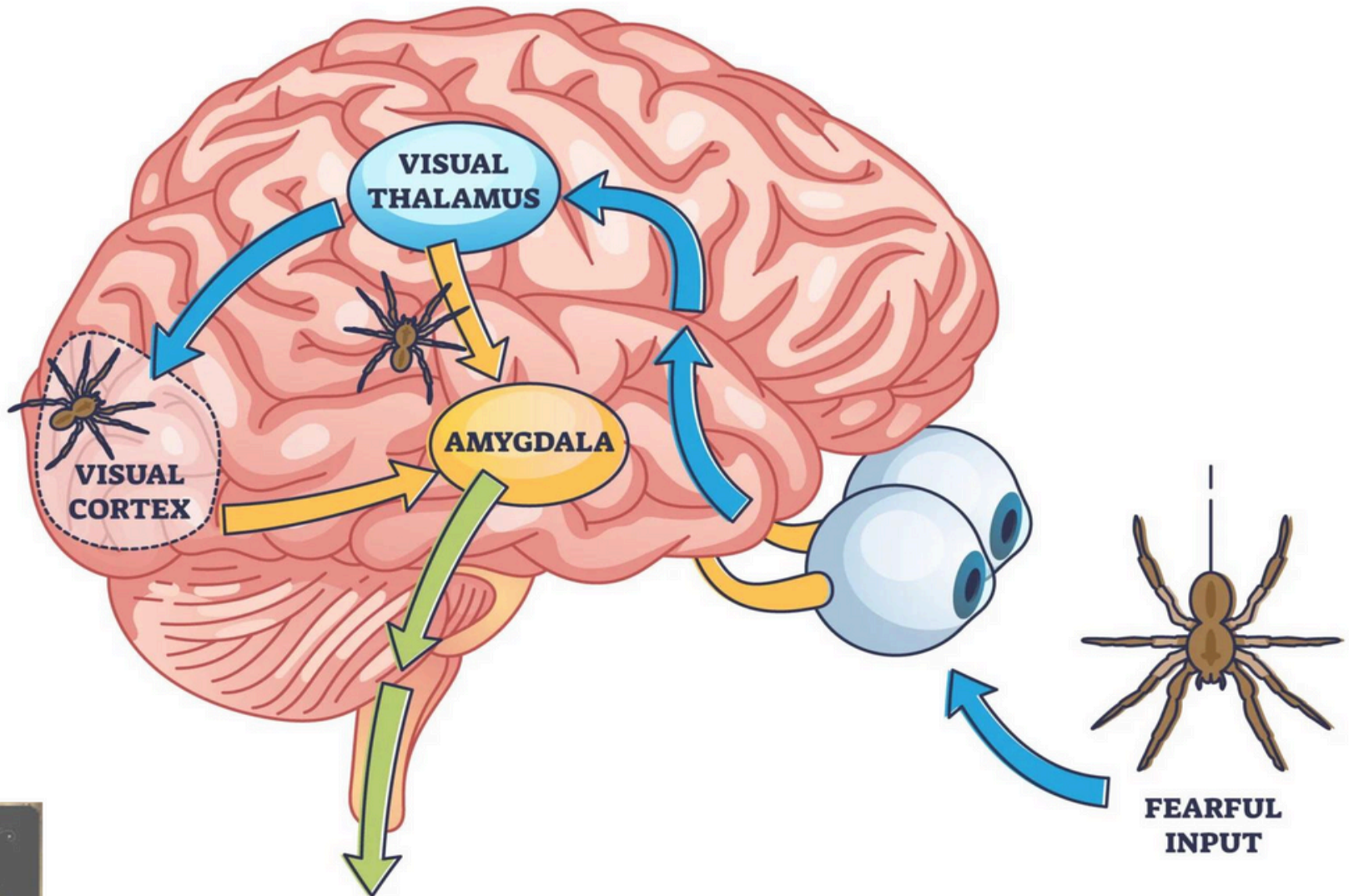
- Your brain's watchdog...we'll name her Amy.
- Processes emotions such as fear, anger, and pleasure and detects threats or danger.
- If a threat is perceived, it immediately triggers the hypothalamus.
- Initiates the emergency response within milliseconds, before rational thought

Physiological Response in the Body

- Instant surge of alertness and hypervigilance.
- Muscles tense, focus narrows ("tunnel vision").
- Non-essential systems, like digestion, slow down.
- Body prepares for rapid movement or defense.



AMYGDALA FUNCTION



Brain Region: 3. The Hippocampus- Memory Storage Files

Function / Role in Fight, Flight, or Freeze (FFF)

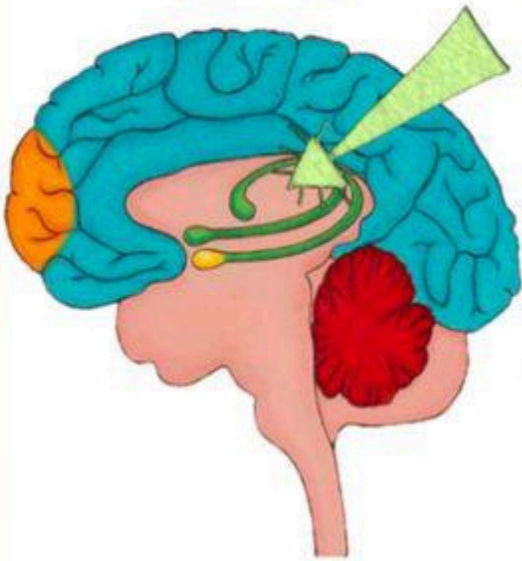
- Responsible for forming, organizing, and storing new memories.
- Links emotions and senses (like smell) to memories.
- Modulates intensity of FFF, either escalating physiological arousal or helping calm the amygdala if memories signal safety.
- Strengthens HPA Axis activation, leading to higher adrenaline and cortisol release for prolonged alertness.

Physiological Response in the Body

- Sharpens situational awareness-pupils dilate, sensory processing, spatial mapping, and environmental scanning.
- If danger is confirmed, heart rate and blood pressure begin to increase, breathing changes, and muscle tension increases to prepare for action.
- Non-essential systems, like digestion, slow down.
- Body prepares for rapid movement or defense.



Hippocampus



The Hippocampus is at the center of your brain. It works like a file cabinet to help you store and find memories.

Brain Region: 4. Hypothalamus- The Command Center

Function / Role in Fight, Flight, or Freeze (FFF)

Acts as the command center by regulating the autonomic nervous system (ANS) and connecting the brain to the endocrine system.

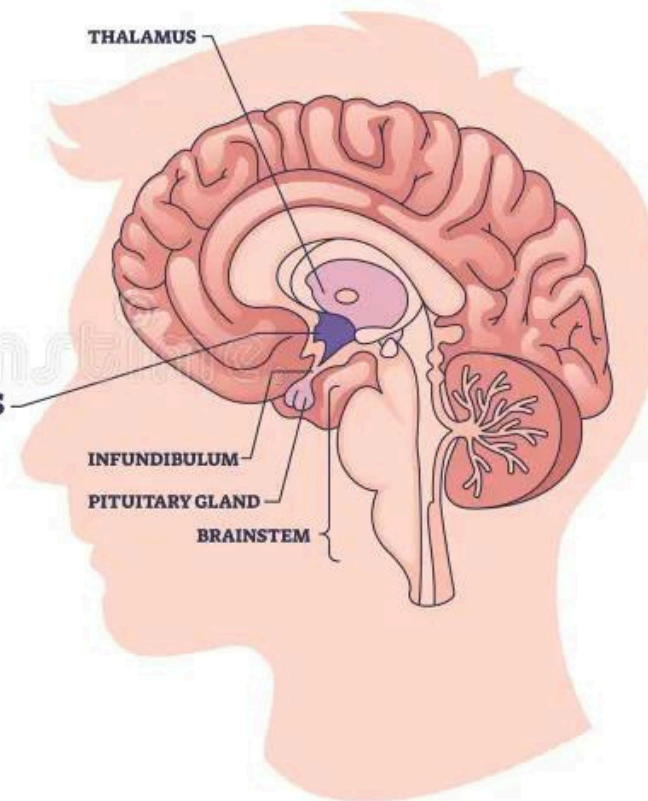
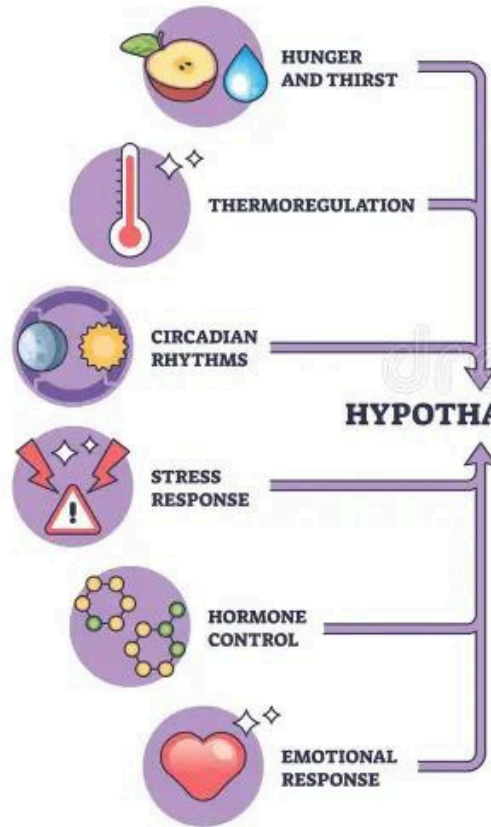
Activates the sympathetic nervous system for immediate action and triggers the HPA axis (Hypothalamic–Pituitary–Adrenal) for sustained action.

Physiological Response in the Body

- Heart rate and blood pressure increase.
- Pupils dilate for more acute vision.
- Breathing quickens and deepens.
- Blood is redirected away from digestion and toward large muscles.
- Sweating increases to regulate temperature during exertion.
- Glucose production increases to continue to fuel the body as long as is needed for survival.



HYPOTHALAMUS FUNCTIONS



Brain Region: 4. Pituitary Gland- The Hormone Train

Function / Role in Fight, Flight, or Freeze (FFF)

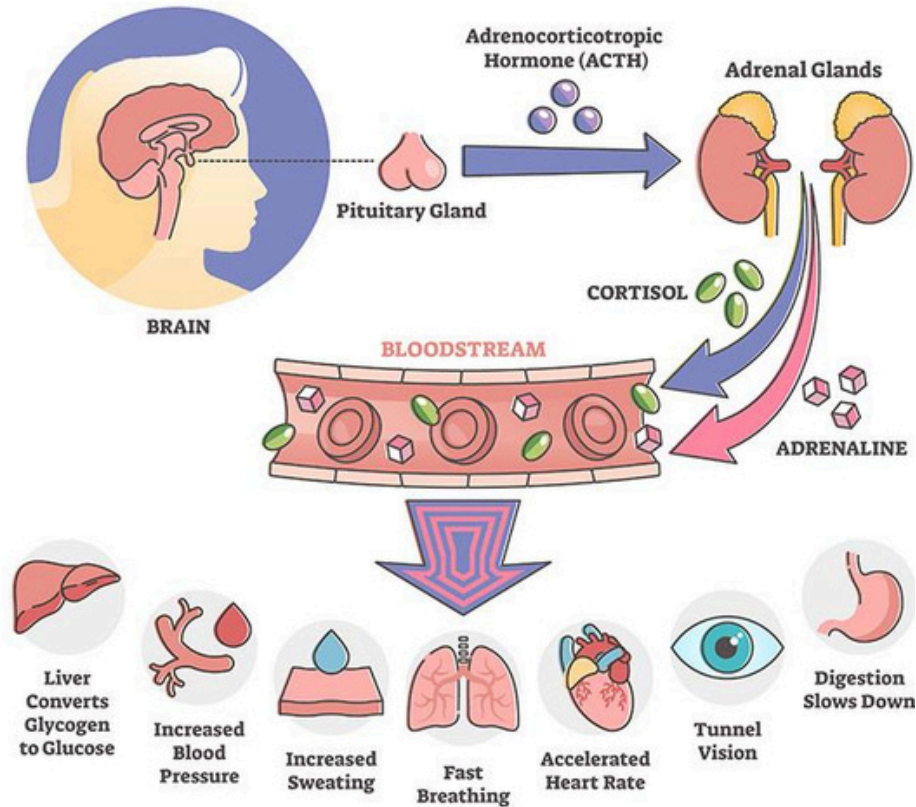
- Activated by signals from the hypothalamus during emotional or physiological stress.
- Releases hormones that regulate stress, growth, and reproduction.
- Secretes ACTH (Adrenocorticotropic Hormone) into the bloodstream.
- ACTH travels to the adrenal glands, prompting the release of adrenaline (epinephrine) and cortisol, which sustain the body's alert state.

Physiological Response in the Body

- Adrenaline (epinephrine) increases heart rate, blood sugar, and energy availability.
- Cortisol sustains alertness and suppresses non-urgent body systems (like immunity and reproduction).
- Muscles receive more oxygen and glucose for immediate use.
- Extends and intensifies the stress response, keeping you ready to fight, flee, or freeze for longer.



STRESS RESPONSE



WOAH! SO HOW DO I MAKE IT STOP WHEN I NEED TO??

- ❖ It's simpler than you think.
- ❖ Think of all the physiological and mental processes your brain/body goes through...
- ❖ What DO you have control over...guess what?
It's only 1 thing.

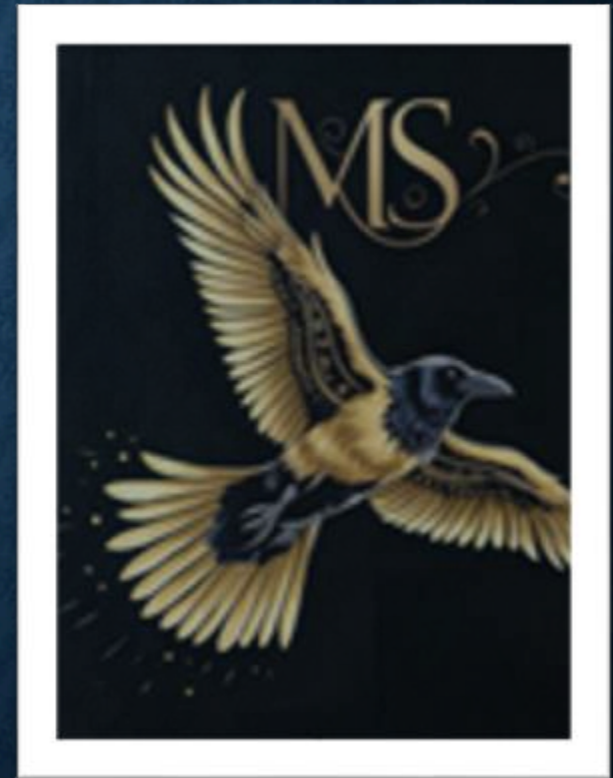
BREATHE!!!

Breathing Techniques to Deactivate the Limbic System

1. Diaphragmatic Breathing (Belly Breathing): Inhale deeply into the belly, not the chest. Promotes relaxation and lowers heart rate.
 2. Box Breathing (4-4-4-4 Method): Inhale 4 seconds → Hold 4 → Exhale 4 → Hold 4. Used by military and first responders to regulate stress.
 3. 4-7-8 Breathing: Inhale 4 seconds → Hold 7 → Exhale 8. Slows the nervous system and reduces cortisol.
 4. Physiological Sigh: Two quick inhaled → long, slow exhale. Scientifically shown to rapidly reduce stress and CO₂ buildup.
 5. Extended Exhale Breathing: Make exhalation longer than inhalation (e.g., 4 in → 6 out). Activates the vagus nerve to calm the body.
-

RESOURCES

- [1-800-273-TALK \(8255\)](tel:1-800-273-8255)(Veterans, press 1)
- Text HOME to 741741
- 911/988
- SAMHSA National Hotline: 1-800-662-HELP (4357)
- Domestic Violence Hotline: 1-800-799-SAFE (7233)
- Primary care provider
- Local psychiatric hospital
- Local walk-in clinic
- Local emergency department
- Local urgent care center



References:

Disparities in Suicide | CDC (n.d.). Centers for Disease Control and

Prevention. <https://www.cdc.gov/suicide/facts/disparities-in-suicide.html>

Suicide Prevention, Suicide Data and Statistics | CDC (n.d.). Centers for Disease Control and Prevention. <https://www.cdc.gov/suicide/suicide-data-statistics.html>

Sutton, Jeremy, PhD. (9 January 2022). ***The Fight-or-Flight Response: Everything You Need to Know.*** *PositivePsychology.com*. <https://positivepsychology.com/fight-or-flight-response/>

What is the Fight, Flight, or Freeze Response? Reviewed by Gepp, Karin, MD. (29 July 2022)

Medical News Today. [Fight, flight, or freeze response: Signs, causes, and recovery](#)

Dill, J., Schimmelpfenning, M., Anderson-Fletcher, E. (9 February 2023). ***Wounds of the Spirit: Moral Injury in Firefighters.*** Firefighter Behavioral Health Alliance White Paper Series No. 1. <https://www.ffbha.org/>

LC3 Behavioral Health Collaborative

GENERAL MEETING - VADO, NM
NOVEMBER 2025

LUNCH

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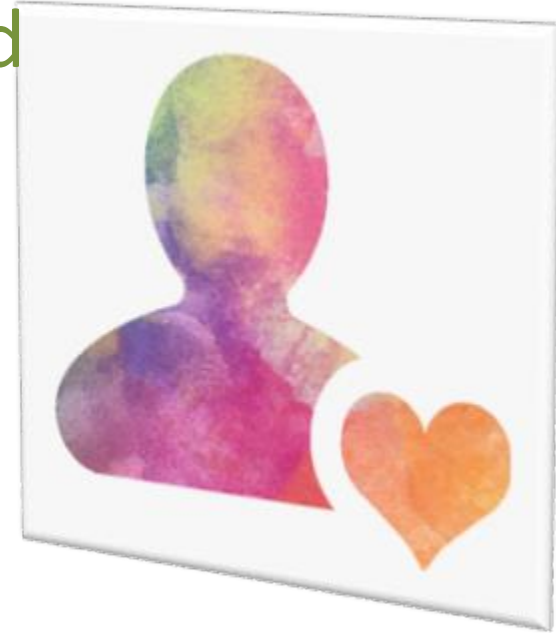
11.18.2025

Manifest Your Mood-Take Control of Your Happiness

Manifieste tu estado de ánimo: toma el control de tu felicidad



It's a good day to be happy!
Hoy es un buen dia para ser feliz!



Presentation by:
Kristin A. Drake, MBA
Private Contractor
MorphoticSolutions, LLC

Transforming the behavioral health landscape across the region!

HAPPINESS IS...



*...feeling that,
no matter what
life's dealing you,
you're trying your hardest.*

©lartlemon.com

[instagram.com/the.official.happiness.ir](https://www.instagram.com/the.official.happiness.ir)
[facebook.com/itsthehappyface](https://www.facebook.com/itsthehappyface)



The Only Person Who
Controls You is YOU

La única persona que te
puede controlareresTU

- "No one can make you feel inferior without your consent."
~Eleanor Roosevelt
-
- "Nadie puede hacerte sentir inferior sin tu consentimiento."
~Eleanor Roosevelt



Ways to Manifest Your "Happy" Mood

Maneras de manifestar un estado de ánimo "feliz"

How I feel
Como me siento

with makeup
con maquillaje

without makeup
sin maquillaje



Cuidado de si mismo
Self-Care

20 Powerful Mood Boosters

20 Poderosos Estimulantes del Animo



avocado
Aguacate



blue potatoes
Papas Moradas



blueberries
Arandanos



broccoli
Brocoli



coconut
Coco



dark chocolate
Chocolate Negro



eggs
Huevos



flaxseed
Linaza



Greek yogurt
Yogurt Griego



Green tea
Te Verde



honey
Miel



mussels
Mejillones



oatmeal
Aveda



orange juice
Jugo de Naranja



pistachios
Pistachos



Salmon
salmon



Espinaca
spinach



Acelga
Swiss chard



Nuez de Castilla
walnuts

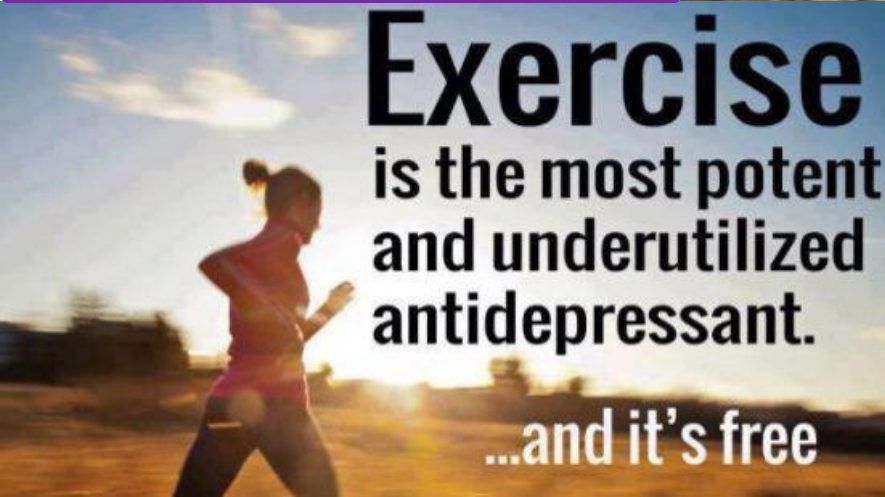


Agua
water

Exercise
is the most potent
and underutilized
antidepressant.

...and it's free

El ejercicio es
el
antidepresivo
más potente y
menos
utilizado
y es gratis.



Se Feliz

bee happy!



Mood Controlling Tips

Consejos para controlar el estado de ánimo

- **Healthy Diet**

- **Physical Activity**

- **Look your Best**

- **Get Adequate Sleep**

- **SELF CARE!!!**



- **Dieta Saludable**

- **Actividad física**

- **Verse mejor**

- **Obtenga un sueño adecuado**

- **CUIDADO DE SI MISMO!!!**

Healthy Diet → Happy Mood

Dieta Saludable → Humor Feliz

Healthy Diet/Healthy Weight:

- Avoid Caffeine: caffeine has shown to trigger panic attacks in those suffering from anxiety disorders.
- Follow recommended fluid intake: to avoid fatigue, difficulty concentrating, headaches, and other malaise symptoms.
- Do not skip meals: meal skipping leads to fatigue and feelings of "brain fog".
- Avoid Fat-Fatty foods- because can lead to weight gain and have shown to increase the risk of depression.
- Add more of the happy foods from the food chart.



Healthy Diet/Healthy Weight:

- Evitar la cafeína: se ha comprobado que la cafeína provoca ataques de pánico en aquellos que sufren de problemas de ansiedad.
- Sigalas recomendaciones del consumo de líquido: para evitar la fatiga, dificultad para concentrarse, dolores de cabeza y otros síntomas de malestar.
- No se salte comidas: conduce a la fatiga y la sensación de "cerebro nublado".
- Evitar alimentos grasos: porque puede conducir al aumento de peso y se ha demostrado que aumenta el riesgo de depresión.
- Consuma mas alimentos estimulantes del animo.



Exercise and Your Mood

El ejercicio y el Animo



Physical Activity:

- Physical activity has been shown to reduce anxiety and depression.
- Activity increases blood circulation to the brain which will influence our physiological reactivity to stress.
- According to WebMD, your body releases endorphins when you exercise which then trigger positive feelings, a diminished response to pain, and improved sleep patterns.



Actividad Física:

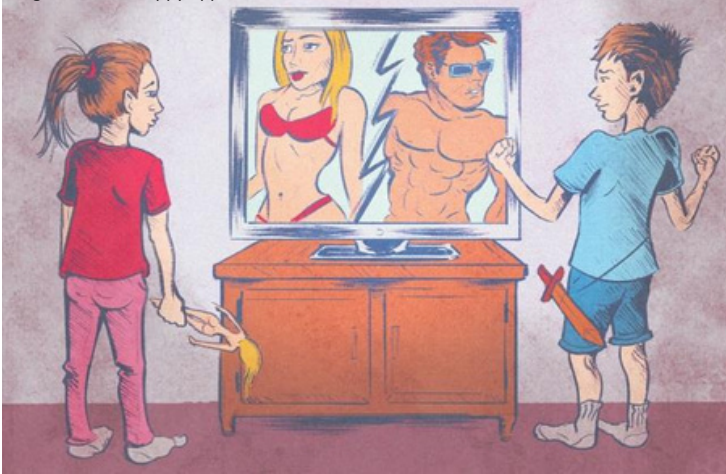
- Se ha demostrado que la actividad física reduce la ansiedad y la depresión.
- La actividad aumenta la circulación de la sangre al cerebro e influye en la reactividad fisiológica al estrés.
- De acuerdo con WebMD, su cuerpo libera endorfinas cuando se ejercita que luego activan los sentimientos positivos, disminuye la respuesta al dolor, y mejora los patrones del sueño.



Take Pride In Your Appearance:

- Author Karen Pine found that wearing clothing you associate with happiness and confidence significantly improves mood.
- Your appearance says a lot about how you view yourself.
- Respect yourself by staying well-groomed, well-rested, and healthy.
- Put on a special perfume or cologne, jewelry or accessory.
- When you take pride in your appearance, people tend to compliment you...this also has a direct impact on your mood. 😊

Image result for happy appearance



Look Your Best!!

¡¡Luce de lo Mejor!!

*When you look good
you feel good*



*Cuando te ves bien
te sientes bien*

Toma orgullo en tu apariencia:

- El autor Karen Pine encontró que el uso de la ropa que se asocia con la felicidad y la confianza mejora significativamente el estado de ánimo.
- Su apariencia dice mucho sobre cómo se ve a usted mismo.
- Respétese manteniéndose bien arreglado, bien descansado y sano.
- Póngase un perfume especial o colonia, joyas o accesorios.
- Cuando te enorgulleces de tu apariencia, la gente tiende a felicitarle ... esto también tiene un impacto directo en tu estado de ánimo. 😊

**I
DON'T
DRESS
UP
FOR
ANYONE
BUT
ME

YO NO
ME
VISTO
PARA
NADIE
SOLO
PARA MI**

Sleep, Sleep, Sleep...and be Happy!!

Dormir, dormir, dormir...y sea Feliz!!

Adequate Sleep:

- Poor or inadequate sleep can cause stress and/or irritability, while healthy sleep increases well being.
- Sleep problems may also increase the risk of developing depression, anxiety, and other mental illnesses.
- Most sources site 6-9 hours of sleep as the recommended hours for proper health depending on age, level of activity and life stressors.
- Maintain a regular sleep pattern even on the weekends.
- Create a comfortable sleep environment and engage in relaxing activities prior to bedtime.



Sueño Adecuado:

- Unsueño deficiente o inadecuado puede causar estrés y / o irritabilidad, mientras que el sueño saludable aumenta el bienestar.
- Problemas del sueño pueden aumentar el riesgo de desarrollar depresión, ansiedad y otras enfermedades mentales.
- La mayoría de las fuentes mencionan de 6-9 horas de sueño como las horas recomendadas para la salud de acuerdo a la edad, el nivel de actividad y los factores de estrés de la vida.
- Mantenga un patrón de sueño regular incluso los fines de semana.
- Crear un ambiente de sueño cómodo y participar en actividades de relajación antes de acostarse.



Ahh, Self Care!!!

Cuidandose a si mismo!!!

Taking Care of The Self:

- We all seem to find time to care for our parents, spouses, children, jobs, pets, houses...on and on... but what about YOU?
- Self care is different for everyone. Ask yourself, "what do I like to do that I never get to do?"
- Take no less than 30 minutes out of every day to do these things.
- Read a book, magazine, or play a puzzle book.
- Draw, write, paint, meditate, watch your favorite movie...alone!



Cuidandose a si mismo:

- Todos parecemos encontrar tiempo para cuidar a nuestros padres, cónyuges, hijos, trabajos, mascotas, casas...y otras cosas ... pero ¿qué pasa con USTED?
- El cuidado de sí mismo es diferente para todos. Pregúntese, "¿qué me gusta hacer que nunca alcanzo a hacer?"
- Tome no menos de 30 minutos de cada día para hacer estas cosas .
- Lea un libro, una revista, o juegue con un libro de acertijos.
- Dibuje, escriba, pinte, medite, mire su película favorita ... ¡solo!

References

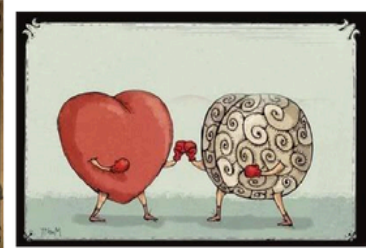
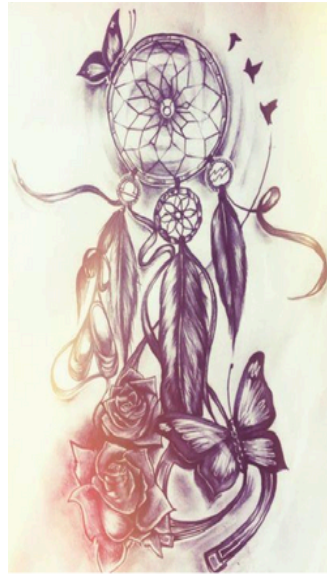
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Thank you!
Gracias!

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happy
The happy heart runs with the river,
floats on the air, lifts to the music,
soars with the eagle, hopes with the prayer.
Maya Angelou

*El corazón feliz corre con el río, flota
en el aire, se eleva en la música, vuela
como el águila, confía en la oración.*

End of Course Survey:



[https://tinyurl.com/
LC3EOC](https://tinyurl.com/LC3EOC)



THANK YOU!

NEXT GENERAL MEETING:
12/16/25 @ 11:30 AM VIRTUAL ONLY

¡GRACIAS!

PRÓXIMA REUNIÓN GENERAL: 16/12/2025 A
LAS 11:30 (SOLO VIRTUAL)

