

5 TIPS TO IMPROVE YOUR MENTAL HEALTH

by Beth Greenwood, MD

Regional Medical Director - VP Medical Affairs



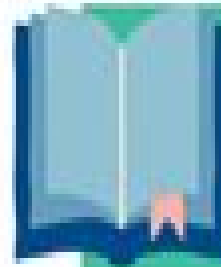
GET OUTSIDE

Research shows that being in nature can increase energy levels, reduce depression and boost well-being.



STAY ACTIVE

Exercise raises feel-good chemicals in the brain and improves sleep quality.



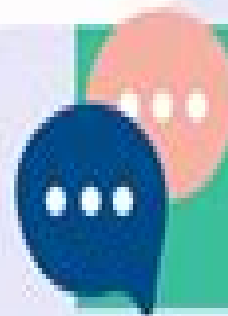
KEEP A JOURNAL

Taking time to reflect allows us to acknowledge and work through our emotions.



TURN OFF ELECTRONICS

Set aside time to unplug from your devices. Overuse can lead to anxiety, depression, and social isolation.



CONNECT WITH OTHERS

Spending time with friends and family has been shown to decrease stress.

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Tip of the Spear Orisanmi Burton, 2023-10-31 A radical reinterpretation of Attica the revolutionary 1970s uprising that galvanized abolitionist movements and transformed prisons Tip of the Spear boldly and compellingly argues that prisons are a domain of hidden warfare within US borders With this book Orisanmi Burton explores what he terms the Long Attica Revolt a criminalized tradition of Black radicalism that propelled rebellions in New York prisons during the 1970s The reaction to this revolt illuminates what Burton calls prison pacification the coordinated tactics of violence isolation sexual terror propaganda reform and white supremacist science and technology that state actors use to eliminate Black resistance within and beyond prison walls Burton goes beyond the state records that other histories have relied on for the story of Attica and expands that archive drawing on oral history and applying Black radical theory in ways that center the intellectual and political goals of the incarcerated people who led the struggle Packed with little known insights from the prison movement the Black Panther Party and the Black Liberation Army Tip of the Spear promises to transform our understanding of prisons not only as sites of race war and class war of counterinsurgency and genocide but also as sources of defiant Black life revolutionary consciousness and abolitionist possibility *The Neighborhood Self Help Project* Dolores Norton, 1980

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