



BRAINSTORMING

Volume 5, Issue 3

May/June 2020

Brainstorming is an on-line publication of the National Alliance on Mental Illness (NAMI) - Wichita Affiliate. It is made up of articles encompassing the topic of mental illness. Information provided in this e-magazine is for informational purposes only, has not been researched or independently verified and is not intended as medical advice. Views published in Brainstorming are those of the individual authors and contributors and do not reflect and are not endorsed as local, state or national NAMI positions. To read the full articles, click on the "Read more" link following the introduction to each article and open the hyperlink. To submit articles and other material to be considered for inclusion in this e-magazine, contact Lynn Kohr at lkohr@cox.net.

Mental health experts offer counsel on staying calm during coronavirus pandemic

The coronavirus pandemic is becoming a brutal psychological test. This is a dreadful moment with a potentially deadly pathogen on the loose. This public health crisis can take a mental toll on people, especially those struggling with anxiety, depression and other conditions.

[Read more](#)

Psychiatrists turn to Teletherapy amid Stay-at-Home order

Fears and worries are running high; more so for some people who can't make it to therapy sessions or interact with case managers out in public. But area psychiatrists want people to know help is still available. Mental health facilities are now resorting to teletherapy.

[Read more](#)

Lithium Monitor Could Improve Drug Treatment for Bipolar Disorder

In a laboratory proof of concept study — pilot research that shows a drug or project is likely to succeed — investigators have created a wearable device that can detect an individual's lithium drug level.

[Read more](#)

5 Things to Teach Your Child to Avoid Impulsivity & Behavioral Issues

Parenting a child with impulsivity and behavioral issues is one tough task, and in some cases when parents visit me and ask for help, they believe it is impossible to teach their kid to avoid these behaviors. Well, in this article I will be walking you through the things to teach your child in order to avoid impulsivity and bad behaviors.

[Read more](#)

Sugar & Mood: The Bittersweet Struggle

When we feel low and want a quick pick-me-up, indulging a sugar craving is tempting. To stabilize our mood, we can learn to kick our sweet tooth to the curb.

It was a predictable pattern. When her bipolar depression returned, Lori would gravitate to her teacher's lounge, where she nibbled on desserts shared by her colleagues.

At home, she would find herself in the kitchen, baking all sorts of cookies and treats seemingly for her young daughters. In reality, though, it was Lori who would eat most of the baked goods.

“Sugar was a crutch,” recalls Lori, who lives in Illinois. “I thought it made me happy, but it didn't. It just placated me for a few minutes until I had to eat another cookie.”

[Read more](#)

Study of Loneliness in a Senior Housing Community Points to Risk and Potential Protective Factors

At a moment when protective measures such as “shelter-in-place” and “self-quarantine” have become commonplace in many of the world's major cities, a newly published study on loneliness sheds light on a phenomenon that many millions of people experience even in the absence of the enforced isolation imposed by a public health crisis like the COVID-19 viral pandemic.

[Read more](#)