

THE FIRST DAY
OF FALL IS
THURSDAY,
SEPTEMBER
23RD, 2023

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“You don’t always need a plan. Sometimes you just need to breathe, trust, let go and see what happens”

Mandy Hale

The Colors of Relaxation

What do the colors of the spectrum have to do with relaxation, decreasing stress levels, lowering anxiety, thus lowering blood pressure and promoting all around health? The answer is, the sound and color of noise.

Though not formally recommended as a scientific back based form of treatment, more recent studies have shown that sound therapy may have the potential to reduce somatic and cognitive based anxiety, boost mood, lower blood pressure, and help aid with sleep. So let’s look at the different color wave lengths and see how they can be of help on our journey to relaxation and better sleep.

First up is brown noise. Brown noise is described as being representative of the brains resting state and is deeper and lower in frequency, thus creating a soothing effect, which lowers anxiety and aids in sleeping. Brown noise is often compared to low roaring sounds, strong waterfalls and or thunder. To listen to brown noise, you can go to YouTube and listen for free at;
<https://www.youtube.com/watch?v=GSiql-uwaN0>.

Next up is pink noise. Pink noise is a steady noise that consists of all audible frequencies but with more energy at lower frequencies, thus creating a deep sound. Common examples include rustling leaves, steady rain, wind and or heartbeats. Listening to pink noise is linked to increasing levels of deep sleep. To listen to pink noise for free, again you can go to YouTube and search pink noise or you can go to;
<https://www.youtube.com/watch?v=2wgg7KtzTrU>.

White noise is all audible frequencies. It’s energy across the wavelength is equally distributed, which is what creates the sound of humming. The sound of white noise is often compared to a whirring fan, static on a television, or the humming of an air conditioner. White noise can mask the sounds that stimulate brain activity, thus it is recommended for people whom struggle with sleeping disorders such as insomnia. To listen to white noise for free you can search on YouTube or listen to free at;

<https://www.youtube.com/watch?v=zD3DifBawyo>.

Lastly, black noise is described as the lack of noise. Black noise has zero power levels across all frequencies except for a few spikes across bands. Black noise is said to help in becoming more relaxed and helps with falling asleep. To listen for free, again check out YouTube or listen for free at;
<https://www.youtube.com/watch?v=KxvhW7qLtjg>

There are many other noise colors on the spectrum such as, red, orange, yellow, green, blue, and gray noises. All colors have different wave-lengths /frequencies that register with the brain. Give these different colors a try and see which helps you relax and or fall asleep.



Narcissism... What does it really mean?

In recent years we've all heard the uptick of people loosely using the term Narcissist to describe someone or describe someone's behavior (s); however, what really defines Narcissistic Personality Disorder (NPD) and or that of someone who has narcissistic tendencies? We've all come into contact with an individual (s) who engaged in some NPD traits that probably drove us up a wall, but does that mean they were/are a narcissist? Someone engaging in one or two undesirable behaviors does not make them a narcissist, so let's look at what defines narcissism.

It's understood that NPD begins by early adulthood and can be seen in the teenage years. There are different theories as to why individuals develop NPD, however, in my own experiences working with individuals with NPD, I have been able to trace it back to childhood development. I've seen various reasons why it's developed, but the common theme that reoccurred was that was a learned behavior in response to something. This learned behavior could develop due to witnessed abuse, trauma, and or as a survival mechanism to get their basic needs met.

Those who have some NPD tendencies may never go on to develop the full criteria of NPD, hence some people will only develop some tendencies, they do not have NPD. NPD is described (DSM V) as a **PERVASIVE** pattern of grandiosity, need for admiration, and lack of empathy and **MUST** have **FIVE** (or more) of the following criteria:

1. Grandiose sense of self-importance (exaggerates achievements and talents, expects to be recognized as superior).
2. Preoccupied with fantasies of unlimited success, power, brilliance, beauty, or ideal love.
3. Believes he or she is special and unique, and can be understood by, or should associate with other people of high status.
4. Requires excessive admiration.
5. Has a sense of entitlement.
6. Is interpersonally exploitative (takes advantage of others= means to an end).
7. Lacks empathy.
8. Often envious of others or believes others are envious of him or her.
9. Shows arrogant, haughty behaviors or attitudes.

Also two things to keep in mind, one, NPD has some similar and overlapping traits with histrionic, antisocial, and borderline personality disorders. However, it is the callous, needy, and grandiose traits that set them apart from the other personality disorders. Secondly, highly successful people are often called Narcissistic because of the personality traits they exhibit, however, its only when these traits are inflexible, maladaptive, persistent, and cause significant functional impairment, they constitute the diagnosis of NPD.

In closing, I hope this brief overview clarifies what NPD is and helps in understanding that just because someone has one or two NPD traits, doesn't mean they are a narcissists. The individuals behaviors might annoy you, however, its incumbent upon you to insert and reinforce your boundaries with them.

Let us be your
first call!

Michiana EAP

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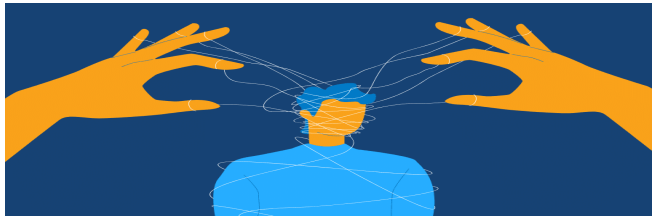
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Gaslighting, what is it?



We've all heard the terms gaslighting and narcissism used together, but as previously mentioned, just because someone engages in gaslighting behaviors, doesn't mean they're a narcissist. The act of gaslighting someone is a learned behavior and is used as a means to manipulate another person into doubting their own perceptions, experiences and or understanding of events.

Gaslighting is a persistent form of psychological and emotional abuse and is often separated into 4 subtypes;

1. Outright lying- the purpose is to hide bad behaviors. They often project their bad behaviors on to others by claiming they're not lying, other people are lying.
2. Manipulation- goal is to make you doubt your judgment as well as your memory. Over time, this can erode your self-esteem and effect your overall mental well-being.
3. Scapegoating- this is done to justify bad behaviors and not take responsibility. Often carried out through nitpicking and criticism, the scapegoat ends up taking responsibility for behaviors that are not theirs.
4. Coercion- starts off charming and then they can become violent and or bullying to get their own way.
 - A. Coercion control- is about making you dependent on someone else.

Know and acknowledge the tale-tale behaviors of gaslighting, as they may be subtle to start with. It may be hard to walk away from a toxic relationship, but with time, self-compassion, and self-care, healing your wounds is possible.

Fur-Kid Corner

So, you're ready to bring a new puppy home or ready to adopt a dog? Here's a short list of tips that can help you ready yourself and your home.



1. Select a dog food based on your puppies needs and or a food that was being used with your adopted dog. You can always ask the advice of your local veterinarian.
2. Get the proper size bowls, maybe weighed ones, and be sure to have plenty of fresh water for them. Also be sure to take them out after eating and drinking to reduce any accidents in the home.
3. At minimal make sure you have a leash, collar and tag for your dog. It would also be a good idea to get them microchipped in case they get lost and found, they can be reunited with you.
4. Crate training will help lower anxiety and provide a safe space for them to decompress. Start small and then go up in crate size.
5. Toys are essential! Puppies need to teeth and learn what it's okay to chew on. Avoid toys with small parts or those that are soft enough for your puppy to break apart. Also avoid any sharp objects or balls of yarn, twist ties or other small objects that could cause him or her to choke.
6. Small puppy treats or regular sized treats will be needed to help with training and rewarding good behaviors.
7. Lastly, have patience and a plan. There will be behaviors and potty accidents, check out local trainers who can help you navigate the behaviors so you're set up for parenting success.





Easy to Make Chili

Ingredients

- 2 Tbsp Olive oil
- 1 yellow onion
- 2 cloves garlic
- 1 lb. ground beef
- 1 15oz. can kidney beans
- 1 15oz. can black beans
- 1 6oz. can tomato paste
- 1 15oz. can diced tomatoes

Chili Seasoning

- 1 Tbsp chili powder
- 1 tsp ground cumin
- ¼ tsp cayenne powder
- ¼ tsp garlic powder
- ½ tsp onion powder
- ½ Tbsp brown sugar
- 1 tsp salt
- ½ tsp freshly cracked pepper

****note**** you can also cheat and just buy packets of your favorite chili seasonings.

Also be sure to double up on the ingredients for a larger pot of chili.

Nutrition:

Serving size: 1 cup
 Protein: 23g
 Fiber: 10 g

Calories: 398 Kcal
 Fat: 21 g

Carbohydrates: 30 g
 Sodium: 468 mg

Directions

Dice the onion and mince the garlic. Add both to a large pot with the olive oil and cook over medium heat until they are soft and translucent.

Add the ground beef to the pot and continue to sauté until the beef is fully browned.

Drain the beans and add them to the pot along with the diced tomatoes, tomato paste, 1 cup water, and all of the ingredients for the chili seasoning. Stir until well combined.

Place a lid on the pot and allow it to simmer over a low flame for at least 30 minutes, stirring occasionally (the flavor gets better the longer it simmers).

Give the chili one final taste, adjust the salt or seasonings if needed, then serve hot with your favorite toppings and/or with some warm cornbread.

Michiana EAP is available to you and your family in person or scheduled video session using the HIPAA compliant telehealth platform, doxy. me.

Please know that our top priority is your safety, and we are taking the necessary precautions to prevent the spread of COVID-19 in our community.