



The Dreamers Journal

July 2022



NUTRITION AND MENTAL HEALTH

By: Carolina Morales, LPC

Did you know that about about 42% of the US population is vitamin D deficient? You might be asking yourself, "okay... so what?" Vitamin D is responsible for keeping our bones strong and healthy. It also helps our muscles, nerves, and supports our immune system. When a person is deficient in vitamin D, they may experience symptoms of fatigue, lack of motivation, and low energy. These symptoms can be similar to depression, and often get confused with such. For this reason, it is important to also take care of our eating habits. With that said, nutrition is such an important factor in our mental health. Dream Big encourages you to check with your doctor to find out if your symptoms are due to lack of vitamin D.



¿Sabías que alrededor del 42% de la población de los EE. UU. tiene deficiencia de vitamina D? Quizás te estés preguntando, "okay... ¿y qué?" La vitamina D es responsable de mantener nuestros huesos fuertes y saludables. También ayuda a nuestros músculos, nervios y apoya nuestro sistema inmunológico. Cuando una persona tiene deficiencia de vitamina D, puede experimentar síntomas de fatiga, falta de motivación y poca energía. Estos síntomas pueden ser similares a la depresión y, a menudo, se confunden con los mismos. Por eso, es importante cuidar también nuestros hábitos alimentarios. Dicho esto, la nutrición es un factor tan importante en nuestra salud mental. Dream Big los anima a consultar con su médico para averiguar si sus síntomas se deben a la falta de vitamina D.

6 BEST SOURCES OF VITAMIN D



<https://www.mealfit.co/blogs/paleo-plus-cheese/the-6-best-sources-of-vitamin-d>

Newsletter Highlights

DREAM BIG-PSP
FIND YOUR PASSION

DREAM BIG SPOTLIGHT:
COLLEGE SHOWER

MARK YOUR CALENDARS:
DREAM BIG EVENTS
THIS MONTH

ANYTHING IS
PAWSIBLE

Follow Us!

STAY INVOLVED AND INFORMED OF ALL ACTIVITIES AND UPDATES! SHARE AND HELP BRING MENTAL HEALTH AWARENESS TO OTHERS. CLICK ON ICONS!



The Dreamer's Journal

A monthly publication of Dream Big-PSP Counseling. Established February 2022.
 Title originated from Melissa Reeves Austin-Weeks.

Mission Statement

Dream Big- PSP Counseling is a 501(c)3 non-profit organization whose mission is to provide mental and behavioral healthcare services to children, adolescents, and adults in an individual, group, family, or school setting. Providing services for either uninsured or under-insured that would otherwise not be able to receive services needed to lead healthier lives and be productive members of society.



Logo created by Sandy Rapp

CHANGE YOUR WORDS, CHANGE YOUR MOOD

✘ INSTEAD OF SAYING	✔ TRY SAYIN THIS
• I should go to the gym every day.	• I will try my best to go to the gym every day. Here's how...
• I should eat healthier.	• I can eat healthier today by doing these things...
• I should stop thinking this way.	• I see that I'm having anxious thoughts. What's a more credible thought? What would I tell a friend?
• I should be able to get on a plane without anxiety.	• I wish I wasn't so afraid of flying, but I accept that I'm working at a solution. What can I do now?

DR. KETAM HAMDAN @BRAINHEALTHDOC

Click on the Image for more
 Mental Health Resources

SUPPORT DREAM BIG

So Many ways!

- Set Dream-Big as your nonprofit organization on amazon.smile
- Create a digital account and attach your Krogers rewards card. Each time you shop, a portion of your sales will be donated to Dream Big! (search for Dream Big-PSP Counseling or FW320)
- Have your company match funds
- Join our FlipGive team! (Code: LCK4CN)
- <https://dreambig-psp.com/donate>

FIND YOUR PASSION

ENCUENTRA TU PASION

For 5 Fridays, Dream Big - PSP Counseling is asking for your help in bringing awareness to North Texas Giving Day - 9/22/22! For each "task" you complete, you will be entered to win a \$100 gift card to Target!

Find your passion. Give with purpose!

¡Durante 5 viernes, Dream Big - PSP Counseling está pidiendo su ayuda para crear reconocimiento sobre North Texas Giving Day - 9/22/22. ¡Por cada "tarea" que completada, podra poner su nombre en una rifa para ganar una tarjeta de regalo de \$100 para Target! Encuentra tu pasión. ¡Da con propósito!



Week 1 - add the North Texas Giving Day graphic to your email signature; add Dream Big logo for an extra chance to win - comment done on our Facebook page

Semana 1: agregue el gráfico del Día de donación del norte de Texas a su firma de correo electrónico; agregue el logo de Dream Big para tener una oportunidad adicional de ganar - Comente "hecho" en nuestra página de Facebook

Week 2 - color the posted page (on Facebook and Instagram) about my passion and e-mail to ggarcialpc@pspcounseling.org

Semana 2: colorea la página publicada (en Facebook e Instagram) sobre mi pasión y envía un correo electrónico a ggarcialpc@pspcounseling.org

Follow us on Facebook to discover the upcoming tasks!

¡Síguenos en Facebook para descubrir las próximas tareas!

Dream Big Spotlight: Girls Inc. College Shower

Dream Big is participating in the Girls, Inc. college shower! If anyone wants to participate, the following items are still needed: Donations due by July 14th.



- Bathroom cleaning supplies
- Decorative pillows
- Weighted blanket
- Small toolkit
- Bike
- AirPods
- Pepper spray
- Water purifier pitcher
- Portable charger/power station
- Walmart gift card
- JC Penny Gift Card
- Buffalo Brothers gift card

Thank you!



Please contact us at 817-626-6401 if you are wanting to help or have any questions.

J
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Y



Upcoming Events



CAMPS WILL BE OFFERED THROUGHOUT THE SUMMER FOR AGES 8 TO 16. PLEASE CALL 817-626-6401 FOR MORE INFORMATION! IN ADDITION, DREAM BIG NEEDS VOLUNTEERS TO HELP WITH CAMPS. IF INTERESTED, CONTACT US VIA EMAIL

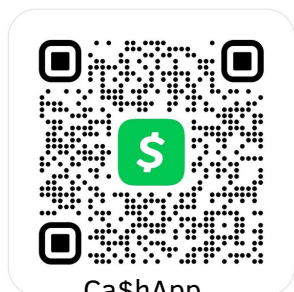
GGARCIALPC@PSPCOUNSELING.ORG



SEPTEMBER 22, 2022

STAY TUNED! DREAM BIG WILL BE SHARING MORE INFORMATION ON EVENTS LEADING UP TO NORTH TEXAS GIVING DAY

TRANSFORM A LIFE WITH YOUR CONTRIBUTION



Ca\$hApp
\$DreamBigPSP



ZELLE
Dream Big-PSP



Venmo
@Dream-Big-PSP



Anything is Pawsible

BY ANGEL THE DOG

Angel says:

"Dream Big-PSP Counseling was able to raise over \$3000 for mental health awareness in June. Hi Paws to You!"



Mindful Journaling

A stress-reducing moment for self-love, growth, & rewiring the brain.

Enjoy!

P. What comforts in life are you thankful for? ¿Por cuales comodidades en la vida estás agradecido?

Lined writing area for journaling, consisting of approximately 15 horizontal lines within a grey, cloud-like border.

The Dreamer's Journal

Editors & Content Designers



CAROLINA MORALES



MONICA AURORA

DREAM BIG-PSP
COUNSELING
PO Box 4772

Fort Worth, TX 76164

817-626-6401

www.dreambig.com



Helping People Along Their Healing Journey

Published JULY 3, 2022