

All that's new with the Synapse Team!

Pima County Public Library <PimaCountyLibrary@pima.gov>

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To:Mike Oliver <mike.oliver@lambisoft.com>

Introducing Mental Health Minutes

The Library's [Synapse Team](#) is excited to partner with the [Southern Arizona Psychological Association](#) (SAPA) to produce [short educational video interviews](#) about common mental health concerns. In these videos, the professional therapists of SAPA will offer knowledge and information to increase people's ability to cope with mental health difficulties and the stresses and strains of modern life.

The first set of interviews are about the holidays and the unique challenges the holidays present. Topics covered include setting boundaries, self-care tips, and the general stress that this time brings to your life. PCPL's partnership with SAPA started earlier in 2023 with a community conversation on mental health and we are excited to continue the partnership into 2024.

Check out the [Synapse page](#) throughout the year when we will expand the Mental Health Minutes to include conversations with teens. SAPA members will sit down with young adults to answer common questions that they have.

Enjoy these video interviews and have a great New Year!

Meet Amy of the Synapse Team

What's a common piece of advice you don't agree with and why?

"Something my mom always told me was "Beggars can't be choosers" and I firmly disagree with this statement. I believe we should choose what or who we want in our life and be able to cut out the negative people and toxic environments. I don't believe in settling for the bare minimum, especially when it comes to my mental health. I choose to live a happy life and I choose the people in my life, and I choose my own actions when things go awry."

[Read the full Q&A with Amy on our website!](#)

NAMI recommends

These children's books on various topics are recommended by [NAMI](#) (National Alliance on Mental Illness), the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental health.

- [The Way I Feel](#) by Janan Cain
 - [Peaceful Piggy Yoga](#) by Kerry Lee Maclean
 - [My Quiet Ship](#) by Hallee Adelman
 - [Up and Down the Worry Hill](#) by Aureen Pinto Wagner
 - [Blueloon](#) by Julia Cook
 - [The Invisible String](#) by Patrice Karst
 - [Your Body Belongs to You](#) by Cornelia Spelman
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We Recommend

This article—"[How to Set Boundaries When You've Never Been Taught How](#)"—from *Greater Good Magazine* provides a helpful look at embracing the concepts of boundaries.

It provides 14 culturally-informed tips to boundary setting, including reflecting on one's relationship with the term "boundary," preparing for chaos, redirecting conversations, deciding where you can or want to compromise, being radically honest, and more.

E-Library spotlight

This month, we want to introduce you to [MedlinePlus](#)—a resource in our E-Library that is free with a library card. Plus, it's written for the general public in easy-to-understand terms!

MedlinePlus is a reliable service of the National Library of Medicine (NLM), the world's largest medical library, which is part of the National Institutes of Health (NIH).

MedlinePlus gives you access to many topics spanning health and wellness to genetics and a medical encyclopedia. [Mental health and behavior topics](#) include, but are not limited to, anxiety, postpartum depression, grief, panic disorders, seasonal affective disorder, and stress.

Book spotlight

[Project UnLonely: Healing Our Crisis of Disconnection](#)
by Jeremy Nobel, MD, MPH

From the publisher, "Even before 2020, chronic loneliness was a private experience of profound anguish that had become a public health crisis. Since then it has reached new heights. Loneliness assumes many forms, from enduring physical isolation to feeling rejected because of difference, and it can have devastating consequences for our physical and mental health. As the founder of [Project UnLonely](#), Jeremy Nobel unpacks our personal and national

experiences of loneliness to discover its roots and to show how we can take steps to find comfort and connection.

Supportive and clear-eyed, this is the book we will take into our new normal and rely on for years to come."

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