

Practice Management Insight

A report on events affecting Oklahoma providers

March 2020

ThinkHealth Updates

OrionNet Systems will be doing an update on ThinkHealth on Wednesday March 11th, 2020. This update will fix issues that were found from last months update and also will have a few fixes for ThinkHealth Help.

We will be doing the update from 5:00 P.M. – 7:30 P.M. on Wednesday CST. Please make sure your team is not logged onto the server during this time. This update will be done with our automatic update application so you will get 15 minutes of system messages then the automatic program will shut ThinkHealth down and notify us that the system is ready for update

[More information](#)



Survival Of The Friendlist: How Our Close Friendships Help Us Thrive

We don't fully appreciate our friendships, says the science writer and author of the new book *Friendship: The Evolution, Biology, and Extraordinary Power of Life's Fundamental Bond*. If we did, we'd take cultivating those intimate bonds as seriously as working out or eating well. Because, she writes, a new field of science is revealing that social connections play a vital role in our health.

On average, people have only four very close relationships, Denworth finds, and very few people can sustain more than six. But the effect of these few core relationships extends beyond our social lives, influencing our health on the cellular level — from our immune system to our cardiovascular system.

Denworth spoke with NPR about the science of friendship and its underestimated value to kids and adults and even for other species like sheep and fish. (Although she's frequently asked about human-animal friendships, Denworth sticks to bonds within one species in the book.)

[More Information](#)

Social Media and Mental Health: Time for a Digital Detox?

The early months of the year are traditionally a time for abstinence, introspection, and renewal. This is witnessed in old-time traditions such as New Year's Resolutions and fasting for Lent. It is also seen in emerging traditions, such as *Dry January* or *Veganuary*.

Another emerging tradition has become known as a *digital detox*. This refers to self-initiated periods of abstinence from using digital devices, especially abstention from social media. This practice is a response to growing concerns about the over-usage of social media and digital devices.

Indeed, research indicates a significant increase in the usage of social media in recent years. This has become especially intense among young people.

[More Information](#)

Why Gut Health Is Mental Health

Healthcare entrepreneurs have something in common. Each one shares a story of a personal health scare or concern for a loved one's health that spurred their ambition to not only heal themselves, but to set up companies that aim to help others perform at their best.

So what does this have to do with your gut and mental health? In my 90-day journey to regain my health and wellbeing, I interviewed some of these healthcare pioneers to help me discover what I needed to do to biohack my body and mind, and my journey began by first healing my gut.

Scientists like Dr. Michael Gershon, a professor of pathology and cell biology and father of neurogastroenterology, adamantly believe that we have a second brain in our gut.

[More Information](#)

Self-Compassion and Meditation Can Yield Better Mental Health

Although there's an abundance of empirical evidence linking [meditation](#) with more positive mental health outcomes, surprisingly little is known about the exact mechanisms that drive the psychological benefits associated with meditation.

A recent study of 828 people (414 "meditators" and 414 "non-meditators") deconstructs why a consistent meditation practice tends to have positive mental health outcomes. The findings ([Yela et al., 2020](#)) are published online ahead of print in the *Journal of Clinical Psychology*.

"Our study arises from the need to identify why meditation can produce positive psychological effects," lead author [José Ramon Yela](#) said in a February 2020 [interview](#).

[More Information](#)

Exploring why mindfulness meditation has positive mental health outcomes

Over the past few decades, mindfulness meditation has become increasingly popular, particularly as a tool to reduce stress or anxiety and gain a greater sense of wellbeing. While many empirical studies have confirmed that regular meditation, especially mindfulness meditation, can have beneficial effects on people's mental health, so far very little is known about the mechanisms underpinning these effects.

Researchers at [Pontifical University of Salamanca in Spain](#) have recently carried out a study aimed at uncovering some of the reasons why mindfulness meditation can improve people's psychological health and wellbeing. Their paper, published in the *Journal of Clinical Psychology*, identifies three main factors that could be associated with the observed mental health benefits of mindfulness practices.

[More Information](#)

How Keeping Houseplants Alive Can Contribute to Your Mental Health

There's an adage about how if you can't care for a plant, you'll never find love. Or maybe it's not an adage, but it totally could be. We know that plants soothe us physically (aloe, echinacea, etc.) and emotionally (your favorite apology flower of choice here). We know that trees have intricate underground networks that communicate with one another. And forest bathing has basically become its own section in the bookstore.

According to a 2015 study published in the *Journal of Physiological Anthropology*, caring for potted plants has even been shown to lower blood pressure. Further research suggests that interacting with indoor plants can encourage healing, lessen pain, stress, and anxiety, and increase happiness.

[More Information](#)

MARK YOUR CALENDAR

- March 1-31 [National Social Work Month](#)
- March 2 [Mental Health First Aid Adults](#)
- March 4 [Wellness Coach Training](#)
- March 8 [Daylight Saving Begins](#)
- March 11 [Tobacco Free Support Group Facilitation](#)
- March 16 [Wellness Coach Training](#)
- March 17 [St. Patrick's Day](#)
- March 19 [Spring Begins](#)
- March 24 [Moral Reconation Therapy Facilitator Training](#)
- March 25 [PRSS Supervisory Training](#)
- March 30 [Therapeutic Options Train the Trainer Recertification](#)
- March 31 [Therapeutic Options Train the Trainer for New Trainers](#)

Don't Be Afraid To Ask For A Mental Health Day At Work

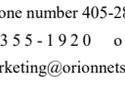
From offering flexible work arrangements to providing paid time off or personal days, companies are finding ways to support their employees' mental health. The reality is, mental health is just as important as physical health, and it has a huge impact on productivity. While the topic has traditionally held a stigma, it has surfaced in today's workplace conversations, and employers are learning to champion it.

Modern workspace startup [ROOM](#) makes this a priority; the company put wellness at the center of its business. [Peter Boegh](#), the Head of People and Culture, tells me, "In October we teamed up with Calm, the #1 app worldwide for sleep and meditation, to launch The Calm Booth by ROOM.

[More Information](#)

Therapist Wanted

OrionNet Systems has agencies that are looking for therapist. Please contact OrionNet Systems and we will refer you to an agency. Here is our phone number 405-286-1674, 855-355-1920 or email onsmarketing@orionnetsystems.com



Just A Little Mindfulness Can Ease Pain And Negativity

The effect of mindfulness was so pronounced, they found, that even when participants experienced high heat on their forearm, their brain responded as if it were a normal temperature.

"It's as if the brain was responding to warm temperature, not very high heat," says corresponding author Hedy Kober, associate professor of psychiatry and psychology and corresponding author of the study in *Social, Cognitive, and Affective Neuroscience*.

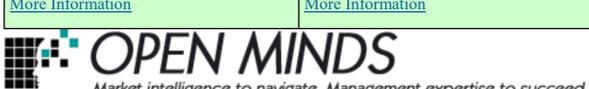
Mindfulness—the awareness and acceptance of a situation without judgment—has been shown to have benefits in treating many conditions such as anxiety and depression.

[More Information](#)

Love yourself instead of abusing yourself.



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