

Practice Management Insight

A report on events affecting behavioral health and substance abuse providers

November 2020

ThinkJottable—Practice Management on Mobile

Are you a medical professional in search of a mobile app to take clinical notes? Look no further than our product ThinkJottable. Being HIPAA certified and HL7 standards compliant, all your notes will be digitally saved with the best security.

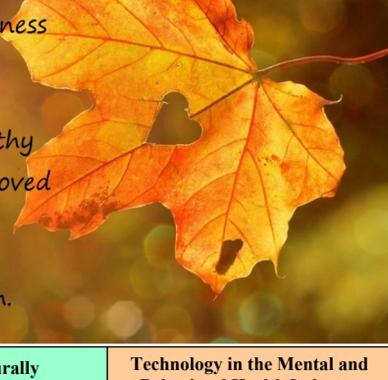
The app's advanced features include security features, associating your clients with an agency, adding a client's information, modifying a counseling schedule, organizing your clinical notes, and more.

We live in such technologically advanced era, and technology has effectively benefitted the mental and behavioral healthcare industry. Click [here](#) to get ThinkJottable for FREE.

November is National Diabetes Awareness Month.

Encourage healthy habits to your loved ones.

Health is wealth.



10 Ways to Naturally Reduce Anxiety

As [the price for prescription drugs increases](#) due to the pandemic, finding a natural solution for mental wellness appears to be a clever idea. It does not have to be so difficult even though it might require you patience and consistency.

Staying active, getting regular exercise, filling your gut with nutritious food, getting quality sleep, meditating, practicing art and aroma therapy, and cutting off alcohol, caffeine and nicotine are all recommended solutions to combat our general anxiety and depression.

We can all be mindful of these practices, implement them into our daily life step by step, and advocate healthy lifestyle all together.

[More Information](#)

Technology in the Mental and Behavioral Health Industry

As use of internet has been generalized and the pandemic compelled people to quarantine at home, increasing numbers of people have utilized apps to get support for their self-management, improve thinking skills, practice mindfulness, track the users' behavior patterns, and most importantly, enhance their mental wellness.

Telehealth, for instance, has been in demand as a consequent of quarantine. Patients are consulting a doctor virtually and receiving medical prescriptions remotely.

Of course, such technology in the mental and behavioral health industry has pros and cons including concern for privacy, regulation and effectiveness, it is definitely a clever choice for many people in search of support for their mental wellness.

[More Information](#)

Yoga, Running, and Other Workouts Can Combat Depressive Episodes

Depression affects more than 300 million people globally, but treatment for the mental disorder can be as simple as going for a walk, doing yoga, and getting exercise.

Study conducted by healthline.com suggests that an increase in physical activity helps us lower the risk of depression at a significant rate.

Researchers from Massachusetts General Hospital (MGH) found that incorporating more physical activity including dance, aerobic, machines, yoga, and even a walk for 4 hours per week or approximately 35 minutes per day "can help decrease the chances of depressive episodes by 17 percent."

Furthermore, Dr. Sarmila Sinha comments that Exercise can help improve general physical well-being, sleep, appetite, and energy levels, thus helping recover from depression.

[More Information](#)



A Mindfulness Practice for Everyday to Spark Joy

Joy is a capacity we all have that can be trained and developed—It is a primary component of psychological well-being, encompassing moments of appreciation, enduring contentment, and a sense of confidence and gratitude.

The enemies of joy are sentimentality and exuberance since it is easy for us to get carried away by the idealism of joy rather than "being truly alive to it in a given moment", article says.

Practicing mindfulness helps us discover joy in as many as things possible and significantly benefits our mental wellness.

[More Information](#)

The Importance of Mindfulness in

Mindful and compassionate speaking is not only an ethical choice but also simply more effective.

Is this information true, helpful and kind? Am I the one to say it, and what are the intentions and impact?

Is it necessary now? [The reset practice](#) works as well.

These are some of good questions to ask before speaking. These guidelines are also useful online, where "anonymity and impulsivity can bring out toxicity in humanity. The rewards of effective and positive communication, which result in harmony in our society, are well worth it.

[More Information](#)

8 Questions That Can Help Ease Election Anxiety

According to the American Psychological Association, more than two-thirds of American adults consider presidential election a significant source of stress.

By asking simple 8 questions to ourselves, we can all heal ourselves, reconcile our society, and unite our communities together again. The physical and psychological symptoms of mental illness resulted from election anxiety can be uncomfortable and severe; therefore, self-care is necessary.

Moral elevation is contagious and boosts our positive emotions. Furthermore, it promotes our love for fellow humans and inspires us to be better people.

[More Information](#)



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MARK YOUR CALENDAR

November 11

[Veterans Day](#)

November 12

[ODMHASAS Northeast Behavioral Health Career Fair](#)

November 13

[Confidentiality / ED Training](#)

November 13

[World Kindness Day](#)

November 14-23

[Hunger and Homelessness Awareness Week](#)

November 16

[2020 Suicide Prevention and Prevention & Recovery Conference](#)

November 16-20

[Anti-Bullying Awareness Week](#)

November 21

[International Survivors of Suicide Loss Day](#)

November 23

[PRSS Methamphetamine](#)

November 25

[American Society of Addiction Medicine and the Oklahoma Determination of the ASAM Service Level](#)

November 26

[National Family Health History Day](#)



Happy Thanksgiving~!

November is...

[Eat Smart Month](#)

[National Homeless and Hunger Awareness Month](#)

[National American Indian Heritage Month](#)

[National Diabetes Awareness Month](#)

[November](#)

[Vegan Diet Awareness Month](#)

[Gluten-Free Diet Awareness Month](#)

[National Long-Term Care Awareness Month](#)



Veterans Day

What Is Mental Health?

Mental health includes our emotional, psychological, and social well-being. [People define it differently](#), but it affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Positive mental health enhances people's life quality by allowing them to realize their full potential, cope with general stress and anxiety with the stresses of life, work productively, and make meaningful contributions to their communities. It also helps build [self-esteem](#).

Ways to maintain positive mental health include: getting professional help if you need it, connecting with others, staying positive, getting physically active, helping others, getting enough sleep, developing coping skills.

[More Information](#)

Think **J**OTTABLE

For the medical professional on the go



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