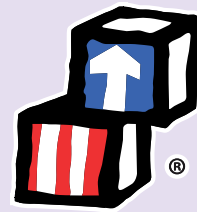


The Women's Issue



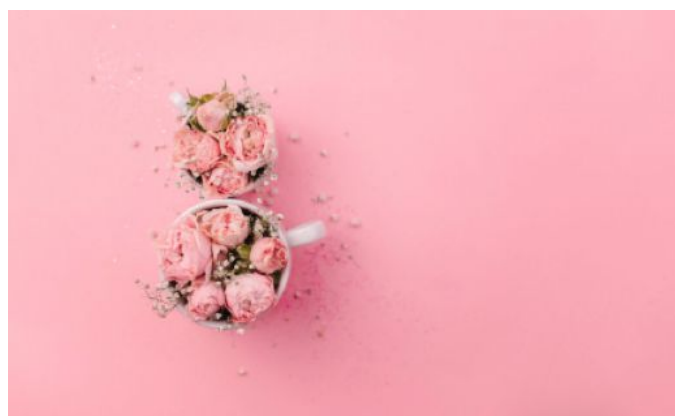
A Monthly Guide for Cultivating Staff and Family Wellness | March, 2021 | Issue 5

INSIDE THIS ISSUE:

- International Women's Day
- Women's Mental Health
- Mental Health of the Pregnant Woman & PPD
- Get Moving
- Resources



INTERNATIONAL WOMEN'S DAY



Happy International Women's day to all of our wonderful women! We hope that you always remember your power, your influence, and the impact you make on this planet every single day. We as women face a multitude of challenges on a daily basis yet continue to persevere with the style and class that only a woman can. To all of our staff, parents, caregivers, and all who identify—we appreciate you and encourage you to continue to allow your light to shine for all to see.

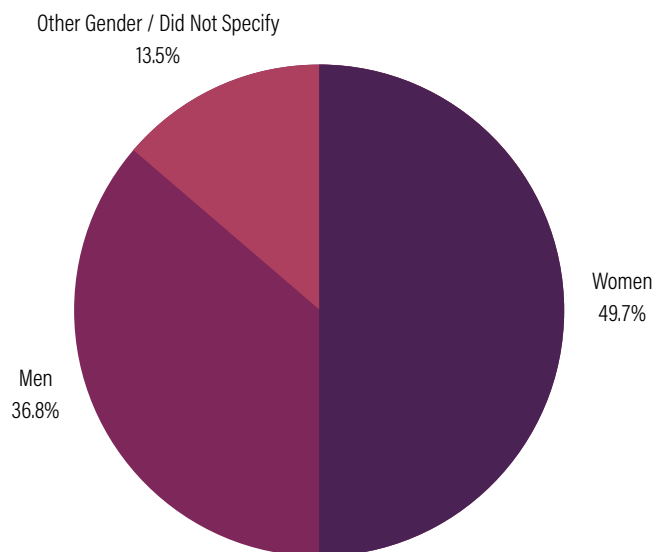
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WOMEN'S MENTAL HEALTH

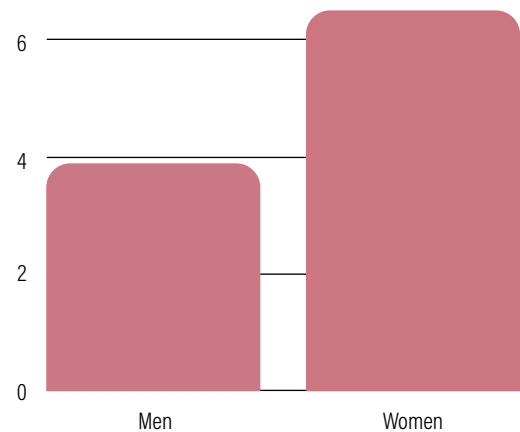
(Data provided by [nimh.nih.gov/statistics/mental-illness](https://www.nimh.nih.gov/statistics/mental-illness))

Every one of us knows someone who has dealt with a decline in mental health or may have even experienced one ourselves. Mental illness can impact anyone, despite race, income, education, or social status and the effects if gone untreated can be fatal. Unfortunately, many of the statistics outlining the prevalence of serious mental health disorders in the United States inform that women tend to outnumber men—significantly. Though this information can be alarming, it is important to understand the depth at which we can be affected by our mental health and take action immediately. Resources are available regardless of income and no one should have to suffer in silence. If you or a loved one is experiencing symptoms of mental illness, contact your primary care physician or a member of your CCRC Inclusion team for immediate support.

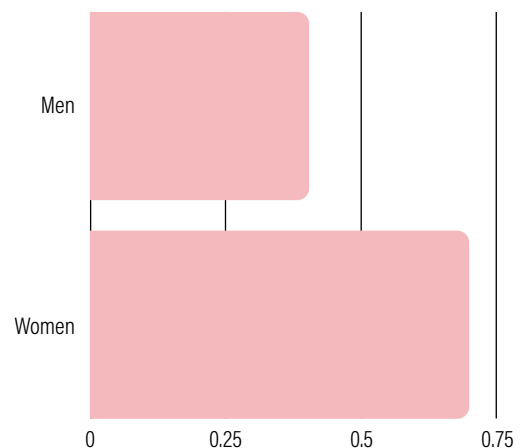
Percent of Mental Health Services Received in 2019 in U. S (Adults)



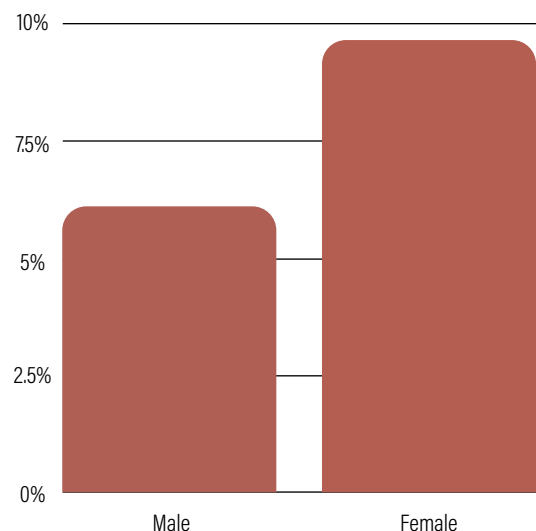
Prevalence of Serious Mental Illness Among U. S. Adults, 2019



Prevalence of Suicide Attempts Among U. S. Adults (2019)



Percentage of Adults Who Experienced a Major Depressive Episode, 2019



MENTAL HEALTH OF THE PREGNANT WOMAN

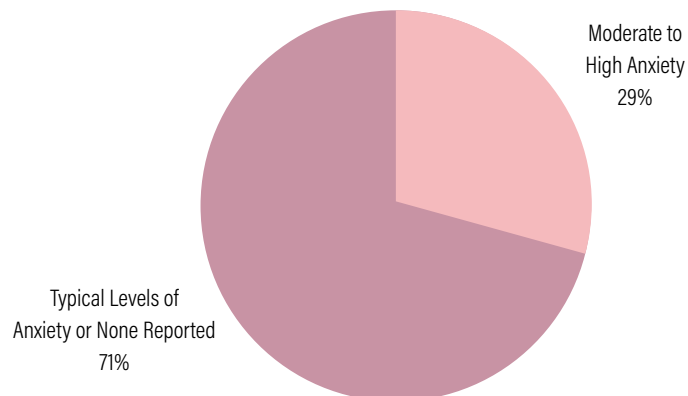


When discussing the topic of women and mental health, it would be ill-fitting not to discuss the impact of pregnancy on a woman's mental health and wellness. Though pregnancy is a beautiful experience for some women, there is a segment of the population that not only has a less than positive experience during pregnancy, but even report a significant decline in their overall emotional functioning as a result. During this time, a woman's body is flooded with an array of different hormones and the additional needs of the growing child can leave the expectant mother feeling depleted, fatigued, and disconnected from her changing body. Despite, many women feel compelled to feel an overwhelming amount of joy during their pregnancy due to societal expectations of how a pregnant mom should feel, and in the event they do not, women may often feel guilt or shame over their experience. However, statistics show that many women report similar feelings and these negative emotions have been enhanced due to COVID.

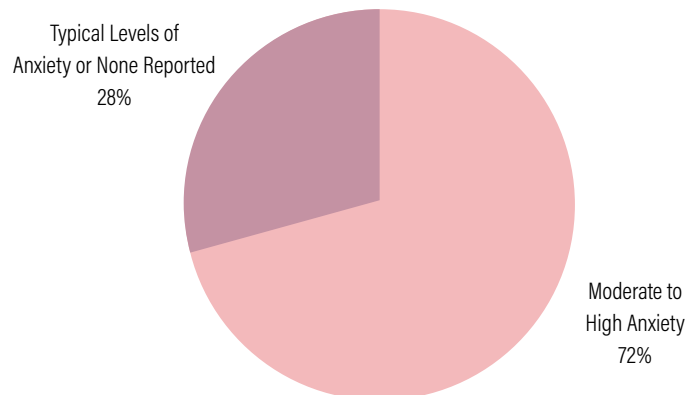
A study conducted by Margie Davenport, an associate professor of Kinesiology at the University of Alberta in Edmonton, Canada outlined rates of anxiety and depression and anxiety of who were either pregnant or had given birth in the past year. The purpose of this was to identify existing levels of depression and anxiety amongst pregnant women and determine how the COVID-19 pandemic may have inflated these numbers due to the increased social and economic stressors.

900 women were surveyed in total—520 of those who were currently pregnant and 380 who had reported giving birth in the past year.

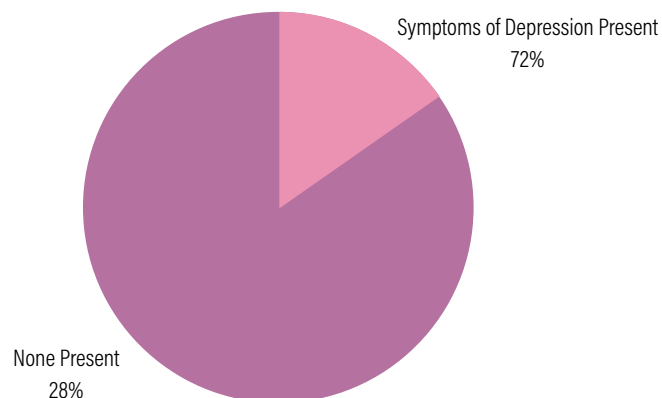
Anxiety of Studied 900 Women *Before* COVID



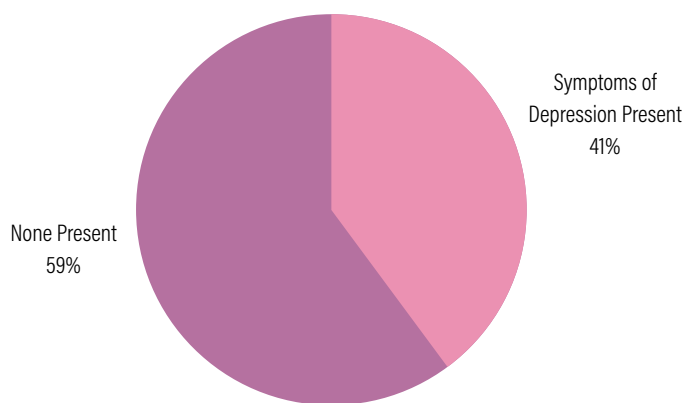
Anxiety of Studied 900 Women *During* COVID



Depression of Studied 900 Women *Before* COVID



Depression of Studied 900 Women *During* COVID



Remember that everyone's experience of pregnancy is different and you are not alone. Should you experience any symptoms of depression or anxiety during or after pregnancy, consult with your primary care physician immediately for resources and support!



Upwards of 80% of women will experience "The Baby Blues" after giving birth.

(Data brought to you by [Postpartumdepression.org](https://www.postpartumdepression.org))



UApproximately 20% of those who experienced "The Baby Blues" will go on to report clinical levels of PPD.

(Data brought to you by [Postpartumdepression.org](https://www.postpartumdepression.org))



GET MOVING

RESOURCES

In the spirit of celebrating Women's History Month and honoring women of the past, present and future, we are including resources in hopes of providing additional support to our women readers! For more information of pre and postnatal physical and mental health, please find the links to both the English and Spanish MyCare websites!

<https://mycare.mmhnow.org/index.html>

<https://mycare.mmhnow.org/es-index.html>

Interested in a good read? "Esperanza Rising" was inspired by the stories author Pam Muñoz Ryan was told as a child by her grandmother, Esperanza Ortega Muñoz. Set in the early 1930s, twenty years after the Mexican Revolution and during the Great Depression, Esperanza Rising tells the story of a young Mexican girl's courage and resourcefulness when at the age of thirteen she finds herself living in a strange new world."

Navigate the link below to get a free copy!

<https://edsitement.neh.gov/lesson-plans/esperanza-rising-learning-not-be-afraid-start-over>

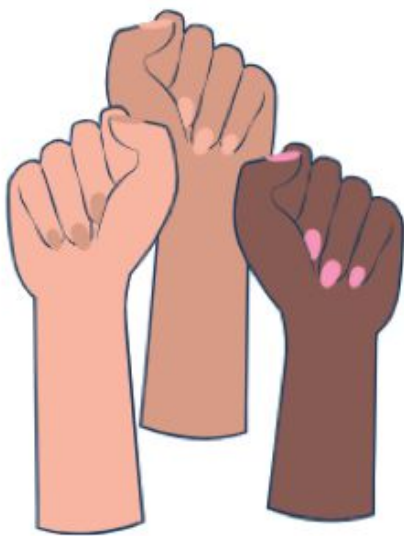
For additional resources on Maternal Mental Health

<https://www.maternalmentalhealthnow.org/>

For updates and information on Women's mental health brought to you by the California Women's Mental Health Policy Council, click the link below!

<https://www.cibhs.org/womens-mental-health>

GIRLS JUST WANNA HAVE FUNDAMENTAL HUMAN RIGHTS



ANNOUNCEMENTS

Womens History Month



"No country can ever truly flourish if it stifles the potential of its women and deprives itself of the contribution of half it's citizens."

- Michelle Obama



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