



# BRAINSTORMING

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Brainstorming is an on-line publication of the National Alliance on Mental Illness (NAMI) - Wichita Affiliate. It is made up of articles encompassing the topic of mental illness. Information provided in this e-magazine is for informational purposes only, has not been researched or independently verified and is not intended as medical advice. Views published in Brainstorming are those of the individual authors and contributors and do not reflect and are not endorsed as local, state or national NAMI positions. To read the full articles, click on the "Read more" link following the introduction to each article. To submit articles and other material to be considered for inclusion in this e-magazine, contact Lynn Kohr at [l.kohr@namiwichita.org](mailto:l.kohr@namiwichita.org).

## **Creativity and Recovery: The Mental Health Benefits of Art Therapy**

Art – no matter whether you choose to create it yourself or simply observe and enjoy it – is a relaxing and inspiring activity for many people. However, the particular benefits of artistic expression go much further than relaxation and enjoyment. Studies suggest that art therapy can be very valuable in treating issues such as depression, anxiety, post-traumatic stress disorder and even some phobias.

[Read more](#)

## **5 Art Therapy Exercises to Add to Your Self-Care Routine**

Creativity can be a wonderful way to support your mental health, and with everything going on in the world, it might be an especially healing and underrated mode of self-care right now. If the news cycle has you feeling stressed, hopeless, overwhelmed, angry, depressed, or any number of emotions, allowing yourself to get messy through art could be the outlet you're looking for.

[Read more](#)

## **Mourning Mania or Savoring Stability?**

A common barrier to seeking treatment for bipolar is the fear that life will be dull and unproductive without the energy of mania or hypomania.

[Read more](#)

## **Know the Science: How Medications and Supplements Can Interact**

Many Americans take both dietary supplements and prescription or over-the-counter drugs.

[...] It's important to tell all your health care providers about all dietary supplements and drugs you take. That way, they can help you avoid harmful interactions.

[Read more](#)

## **Mentally Tough Athletes Win by Putting Their Mental Well-Being First**

Simone Biles' decision to withdraw from the 2020 Olympics to prioritize her mental health is a victory for professional sports.

[...] Biles' powerful display of vulnerability and self-awareness challenged what it means to be a mentally tough athlete, and helped reshape some of the expectations we place on our favorite sports idols. Self-actualized athletes show us there can be strength in vulnerability, honor in humility, and even victory when there's no win at all.

[Read more](#)

## **If We Want to End Mental Health Stigma, It'll Take More Than Talking**

Brave conversations need to happen — but we need to think bigger if we want to end stigma for good.

[...] More than half of Americans with a mental health condition still remain untreated, impacted by a deep societal stigma that leaves us reluctant to reach out.

[Read more](#)

## **Obesity Is a Risk Factor for Brain-Structure Changes in Schizophrenia and Bipolar Disorder, 2 Studies Show**

Years of imaging studies have revealed to researchers that schizophrenia, bipolar disorder, and depression are accompanied by structural changes in the brain.

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