



March 1st  
**SELF INJURY  
AWARENESS  
DAY**

judge **less**, understand **more**.

Get more facts and information about self harm from the **National Alliance on Mental Illness (NAMI)**. Type: nami/selfharm into a search engine for more information.

Self harm, also known as self injury, is among the many health awareness issues focused on during the month of March. In fact, March 1, is recognized as Self Harm Awareness Day. There remains much stigma and misunderstanding about self harm. It's important to recognize that self harm happens across all genders, races, beliefs and ages.

**March is also Brain Injury Awareness Month**

According to national statistics, approximately 1.4 million people suffer a brain injury or traumatic brain injury (TBI) each year. The Brain Injury Association of America (BIAA) is a national organization representing and serving individuals, families and professionals who are touched by traumatic brain injury. They've been providing information, education and support since 1980. They currently have a network of more than 40 chartered state affiliates, as well as hundreds of local chapters and support groups across the country. For more information, visit their website: [www.biausa.org](http://www.biausa.org)

**🎗️ BRAIN INJURY AWARENESS MONTH 🎗️**

**BRAIN FACTS**  
RETURNING TO SPORTS BEFORE A BRAIN INJURY HAS HEALED COMPLETELY CAN PUT YOU AT RISK FOR SECONDARY FOR IMPACT SYNDROME.

**SYMPTOMS**  
-NAUSEA AND VOMITING  
-HEADACHE AND NECK PAIN  
-LOSS OF EYE MOVEMENT  
-DILATED PUPILS  
-RESPIRATORY FAILURE  
-COMA

**AFTER SEVERAL CONCUSSIONS, IT TAKES LESS FORCE TO CAUSE THE INJURY & TAKES MORE TIME TO RECOVER**

**SECOND IMPACT SYNDROME**

**BRAIN FACTS**  
MANY MILD TBIS ARE NOT DIAGNOSED UNTIL THE PERSON BEGINS TO HAVE PROBLEMS DOWN THE ROAD. USUALLY DOING SOMETHING THAT WAS ONCE AN EASY TASK.

**20%**  
OF FORMER PLAYERS WHO HAD EXPERIENCED 3 TBIS & DEPRESSION 3X THE RATE OF THOSE WITH ZERO TBIS

**20%**  
OF ALL CONCUSSIONS TAKE THREE WEEKS OR LONGER TO RECOVER

**15%**  
OF PEOPLE WITH A TBI HAVE SYMPTOMS LASTING 1 YEAR OR MORE

**POST CONCUSSION SYNDROME**

**THE RECOVERY TIME FOR HEAD INJURIES IS MUCH HIGHER FOR CHILDREN & TEENS THAN ADULTS**

**BRAIN FACTS**  
TRAUMATIC BRAIN INJURIES, OR TBIS, ARE VERY SERIOUS. UNFORTUNATELY, THEY OCCUR MORE OFTEN BEFORE MANY PEOPLE REALIZE. THIS RANGE FROM MILD TO SEVERE, BUT ALL ARE DANGEROUS AND CAN CAUSE MEDICAL PROBLEMS FOR YEARS.

**SYMPTOMS**  
-DIFFICULT TO THINK  
-DIFFICULT TO CONCENTRATE  
-HEADRY LOSS  
-HEADACHE  
-BLURRED VISION  
-FEELING TIRED AND LACK OF ENERGY  
-IRRITABILITY/DEPRESSION  
-NAUSEA OR VOMITING  
-LOSS OF BALANCE

**10,000** HIGH SCHOOL FOOTBALL PLAYERS ARE CONCUSSIONED EVERY YEAR

**TRAUMATIC BRAIN INJURIES**

**I ❤️ MY TBI SURVIVOR**  
🎗️ Brain Injury Awareness Month

AMAZINGWRISTBANDS.COM CALL NOW 1-800-268-0910

## In recognition of World Autism Awareness Week March 29-April 4; a special message from staff member, Nicole

Autism is a spectrum—but that doesn't mean any one person on that spectrum is more or less autistic than another. The autism spectrum is diverse. All autistic people can experience difficulties in various areas of communication, social interaction and relationships, sensory sensitivities, everyday functions, and a number of other difficulties. Just because I am highly verbal and graduated from college doesn't mean I am less autistic than someone who is non-speaking. We both need support in various areas. While a non-speaking autistic person may not communicate in a typical way, they still have a lot to say. Autistic people with more severe communication struggles may be able to live an incredibly independent life, though many others see them—even as adults—as childlike and unable to understand the world. This is an untrue misconception. Most Autistic people do have rich inner worlds and want to interact and communicate just like everyone else.

On the surface I do not appear to be autistic, according to others. They've said things like; "You're so well spoken!" or "You're so smart!" But what they don't know is that it's physically painful for me to look them in the eye. I can't read a book or complete work if it's not absolutely silent— I can hear the hum of appliances and distant voices sound so loud it's like they're right next to me. I can't tell when I'm hungry and I often struggle to do daily tasks such as basic hygiene . But I am "smart" and "well spoken" so people assume I can't be autistic. Most others don't know that I only feel comfortable talking about my interests, that I have a hard time participating in conversations (I either dominate or don't speak at all) and they don't know that I don't understand innuendo and jokes.

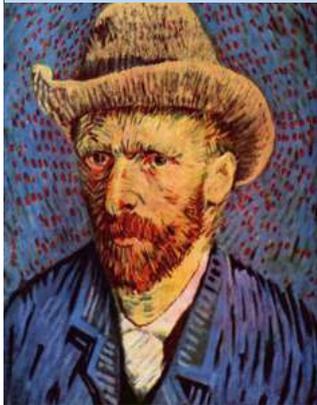
Now this might sound terrible, and I won't deny it's a struggle, but being autistic is also wonderful. I can feel music so strongly it makes my whole body happy. My rigidity gives me a strong sense of justice. And while I can't always name or understand an emotion, I can feel when someone is overwhelmed. My autism shapes how I see the world and how I interact with it. Just because I don't look like the stereotype of autism (which is valid and true in it's own way) doesn't mean I'm less autistic. There's a saying within our (autistic) community: "If you've met one autistic person, you've met one autistic person." So I ask you to get to know us before you assume what you know.

As availability and eligibility requirements continue to change, please check with your healthcare practitioner, local pharmacy, or other online resources for the most current and accurate information.

**Remember: Vaccines don't save lives,  
vaccinations do!**



## With the approach of World Bipolar Day on March 30th, staff member, Jessica shares some insights



Vincent van Gogh  
1853—1890

Other well-known individuals currently living with bipolar disorder include; Mariah Carey, Mel Gibson, Demi Lavato, Ted Turner, Catherine Zeta Jones, Jean-Claude Van Damme and Kayne West.

World Bipolar Day takes place on March 30. This date was chosen because it's the birthday of Vincent Van Gogh. The famous artist was posthumously diagnosed as having bipolar disorder. The awareness day is organized by The International Bipolar Foundation in partnership with the Asia Network of Bipolar Disorder and The International Society for Bipolar disorders.

This year people around the world are encouraged to use social media to bring world awareness to bipolar disorders and to eliminate social stigma. World Bipolar Day is an opportunity to show those living with the day-to-day challenges of this disorder, that they are not alone, they have support and there is always hope.

Bipolar disorder affects a person's mood, which can swing from one extreme to the other, with someone suffering from the illness having episodes of depression or mania. There are different types of Bipolar disorder. It can be treated with medication and other therapies.

Bipolar disorder can present itself in many ways; not everyone has the same symptoms. I learned that when I started demonstrating symptoms of mental illness. During that time, I felt like I was no longer in charge of my life, like my feelings no longer belonged to me. My life was suddenly disrupted and some harsh consequences followed. One was taking a leave from my career. A career that I had prepared my whole life for. Being told I had Bipolar disorder was shocking and overwhelming. I had feelings of loneliness and hopelessness. It felt like my mind had failed me. After accepting my diagnosis, I decided to educate myself about the disorder. Learning about my illness, made me feel more hopeful. Time has passed, and I've been able to benefit from a trustworthy support system, helpful medication, and a new positive look about my mind and body.

For those using social media to post videos and photographs to help raise awareness of bipolar disorder, you are encouraged to use the hashtags # WorldBipolarDay # BipolarStrong while tagging @intl Bipolar on Twitter and Instagram and @InternationalBipolarFoundation on Facebook

## Other Monthly March Awareness Issues:

**National Nutrition Month**—This is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. For more information and tips, visit [www.eatright.org](http://www.eatright.org)

**National Developmental Disabilities Awareness Month**—Developmental disabilities includes cerebral palsy, autism, muscular dystrophy, Down syndrome, and fetal alcohol spectrum disorder and affects a persons growth and/or cognition. The goal and purpose of awareness is to shine a spotlight on this community and demonstrate how they can live successful and fulfilling lives as long as they have the proper support. For more information visit the National Association of Councils on Developmental Disabilities at: [www.nacdd.org](http://www.nacdd.org)

**National Endometriosis Awareness Month**—Endometriosis is a chronic and painful disease afflicting an estimated 1 in 10 women of reproductive age. During the month of March, the National Institute of Child Health and Human Development (NICHD) is provided with opportunities to share information about this condition and the institute's research efforts to understand, treat and prevent endometriosis. For more information, visit: [www.nichd.org](http://www.nichd.org)

## March Awareness Weeks:

Sleep Awareness Week (March 14-20)

National Drug and Alcohol Facts Week (March 22-28)

World Autism Awareness Week (March 29—April 4)

## March Awareness Days:

Zero Discrimination Day (March 1)

International Women's Day (March 8)

World Sleep Day (March 19)

Kick Butts Day (March 20) (This is a day of anti-smoking activism—not violence!)

World Down Syndrome Day (March 21)

International Day for the Elimination of Racial Discrimination (March 21)

World Bipolar Day (March 30)



Wednesday, March 17th



Spring officially arrives on Saturday, March 20th!

