



Healing Hearts of SW Oklahoma
August 2019

Children Won't Say They Have Anxiety, They Say 'My Stomach Hurts!'

By **Debbie Allison** (Awareness Act) March 30, 2019



“Recent statistics have shown us that at least 1 out of every 8 children develops an anxiety disorder. If left untreated, the initial anxiety disorder can transpire into difficulty maintaining and developing connections with their peers, severe sleep disturbance, and substance dependency.

Learn to pay attention to your child's cry for help. Sometimes, their expression of anxiety will be much different than you would expect, so it helps to stay in tune with their triggers.

Look For These Signs:

- Constant stomach aches during stressful situations
- Agitation

- Restless behavior
- Avoiding people/situations that could even slightly stress them out
- Meltdowns over slight issues
- Difficulty transitioning
- Extreme perfectionism
- Strange coping mechanisms that could be considered as self-harm (biting, scratching, pinching or even the pulling of their own hair)

Click [HERE](#) for the full article.

RECENT NEWS



A new push aims to bring mental health and addiction into the 2020 campaign conversation

by **Megan Thielking** (Stat News) June 10, 2019

“The new nonpartisan group, called Mental Health for US, aims to push candidates in both parties to be more vocal about their policy ideas to improve mental health care — particularly as the 2020 election increasingly centers on health care issues like expanding Medicare or lowering the price of prescription drugs. It's the product of a collaboration between some of the nation's most prominent mental health groups, including

the National Alliance on Mental Illness, the American Foundation for Suicide Prevention, and the Jed Foundation.”

Click [HERE](#) for the full article.

HEALTH NEWS

Science of Smudging – This Is How Sage Actually Cleans Bacteria in the Air

by [RealFarmacy.com](#)

“The practice of smudging dates back to prehistoric times, and is still very much in use today worldwide for cleansing everything from dwellings to human spirits. However recent research has shed light on the popularity of this activity, revealing that burning certain plant matter actually clears harmful bacteria.”

“...burning medicinal herbs cleared airborne bacterial populations by 94%, and the space was still found to be disinfected a day later. What’s more, a month after smudging, much of the pathogens originally found were still undetectable.

This has profound implications, as modern air quality in the developed and undeveloped world is atrocious, containing up to 1,800 bacterial types, many of them pathogenic. With an increasing deadly array of antibacterial-resistant strains, we’ll need all the help we can get.”

Click [HERE](#) for the full article and links to the published papers.

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