

Associated Billing Center's
Newsletter

-Volume 8
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A Message From Mona

I was reflecting the other evening about the growth of Associated Billing Center, LLC over the past few years. While we strive to provide the best client support to our providers we, at the same time, cherish the mutually nourishing relationship we maintain with you. They say the best marriages are those that find their roots in effective communication skills between spouses. Every Associated Billing Center Newsletter maintains one unchanged message regarding effective communication (see next page). This "skill" should be a mandatory course in high schools and colleges throughout America. In addition, learning how to communicate effectively should be a precursor to taking the oath of office as a politician.

Thank you very much for being an integral part of our growth and for sharing your ideas and suggestions always in a meaningful and productive way.

Best regards,

Mona



Caution Urged for Teens Watching '13 Reasons Why'

Northjersey.com reports that teens are binge-watching, talking and tweeting about the Netflix series which revolves around a student who kills herself and leaves behind audio recordings for people she believes are to blame in some way.

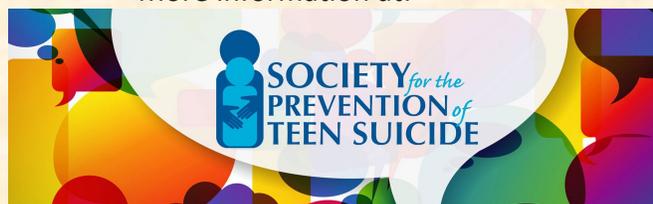
Mental Health professionals are urging parents to talk to their children about suicide prevention and how get help if they or a friend are in need. Suicide is the second leading cause of death for people aged 10 to 24, according to the Centers for Disease Control and Prevention.

The National Association of School Psychologists recommends that young people with suicidal thoughts shouldn't watch it, while other teens who do shouldn't watch in a vacuum. Several mental health professionals expressed concern that suicide is sensationalized in the show. Mental health experts fear the show could glorify teen suicide for vulnerable youth, especially those watching without parental guidance.

The show, released in full on March 31, is already the most tweeted-about show in 2017 according to Variety.

Read the full article at: northjersey.com

More information at:



The Healing Aspects of Humor



- Laughter relaxes the whole body—a good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes.
- Laughter boosts the immune system—laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.
- Laughter triggers the release of endorphins—the body’s natural feel good chemicals.
- Laughter protects the heart. It can improve the function of blood vessels which can help protect against cardiovascular disease. Read more at: mentalhealthadvocacy.org

Married People Are Less Stressful: Really?

According to a study released by Carnegie Mellon University, researchers found that married individuals had lower levels of the stress hormone cortisol than those who never married or were previously married. The study, published in *Psychoneuroendocrinolog*, maintains that unmarried people face more psychological stress than married individuals.

Cortisol levels peak when a person wakes up and declines during the day. Those who were married showed a faster decline and thus reduced stress levels. Professor Sheldon Cohen, Laboratory Director, says, “These data provide important insight into the way in which our intimate social relationships can get under the skin to influence our health.”

Researchers point out that prolonged stress is associated with increased levels of cortisol which can interfere with the body’s ability to regulate inflammation, which in turn promotes the development and progression of many diseases.

Our Note: We are sure that there are some marriages where the cortisol level rises throughout the day!

Source: Carnegie Mellon University



Depression Rates On The Rise

According to the World Health Organization, depression is now the leading cause of ill health and disability worldwide with more than 300 million people suffering from the condition. Rates of depression have risen by more than 18 percent since 2005. A fear of stigma means that many do not seek the treatment they need. Research on depression is vitally important and the government needs to increase funding levels.

Read more at: <http://www.today.com/health/6-subtle-signs-depression-you-should-never-ignore-t104481>

A Quick & Vitally Important Thought from Mona

“Effective communication is the key to positive personal and professional relationships. Possessing the ability to communicate effectively could possibly be one of life’s most important skills.”

Please check out our website: mentalhealthbillers.com for our News Blog updates!



pixaby.com

Social Media Users Can Experience Increased Isolation

A University of Pittsburgh study published in the American Journal of Preventive Medicine investigated the effect of social media use on feelings of social isolation. After adjusting for a wide range of social and demographic factors, researchers found that those who used social media more than 2 hours per day were twice as likely to feel socially isolated compared with those who used social media for under a half hour every day. Increased time on social media means less time dedicated to authentic, face to face human interactions. Several studies have indicated that the prolonged use of social networking sites may be related to signs and symptoms of depression. Low self-esteem can also become a pronounced emotion especially in children and adolescents. More than two thirds of American adults use social networking sites.

Our Note: A repeated fixture in our Newsletter is that effective communication is the key to positive personal, and professional relationships. It seems as though so many of us have forgotten the art of personal communication. Having dinner and actually speaking with family members and friends is vitally important. Let us not forget this most basic element of the human species that separates us from other living organisms.

More information is available at: MNT on Google+
www.ncbi.nlm.nih.gov/pmc/articles/PMC4183915/



Take the Pledge: Help Make America Stigma Free

May is Mental Health Month. One of the greatest obstacles to people seeking help is the stigma and discrimination that too often surrounds mental illness. Surgeon General Vivek Murthy, MD says fewer than half of people with mental illness get care.

nami.org

Associated Billing Center, LLC is a proud member of:



"BUILDING OUR REPUTATION ONE CLIENT AT A TIME"



www.MentalHealthBillers.com



Mona Ruback