

HELIOS NEWSLETTER

PHONE: 586-863-4000
FAX: 586-863-4004
EMAIL: INFO@HELIOSPSYCH.COM



April

EMBRACING AUTISM ACCEPTANCE: BEYOND AWARENESS

EVERY APRIL MARKS AUTISM ACCEPTANCE MONTH, A VITAL TIME TO SHIFT OUR FOCUS FROM MERE AWARENESS TO GENUINE UNDERSTANDING, INCLUSION, AND SUPPORT FOR INDIVIDUALS ON THE AUTISM SPECTRUM. BY RECOGNIZING AUTISM AS A NATURAL FACET OF HUMAN DIVERSITY, WE CELEBRATE THE VALUABLE PERSPECTIVES, CREATIVITY, AND UNIQUE STRENGTHS THAT AUTISTIC INDIVIDUALS CONTRIBUTE TO OUR COMMUNITIES.



MOVING TOWARD ACCEPTANCE REQUIRES ACTIVE PARTICIPATION. THROUGHOUT APRIL—AND YEAR-ROUND—WE ARE ENCOURAGED TO LISTEN AND ACTIVELY CREATE ENVIRONMENTS WHERE PEOPLE FEEL SAFE AND COMFORTABLE BEING THEIR AUTHENTIC SELVES. IT IS CRUCIAL TO REMEMBER THAT AUTISM IS DIVERSE; EVERY PERSON ON THE SPECTRUM HAS A DISTINCT COMBINATION OF STRENGTHS, CHALLENGES, AND LIFE EXPERIENCES.



Article by: Gabrielle Busch, LLMSW



**MOST OF US DIDN'T HAVE TO BE TOLD
TO GO OUTSIDE AS KIDS, WE JUST DID.
WE PLAYED, WANDERED, INVENTED
GAMES, AND STAYED CURIOUS IN A
WHIMSICAL, FREE-SPIRITED WAY.**



Mental Health Meets Mother Nature: The RX is Outdoors

If you're feeling foggy, flat, or worn out, the answer might not always be a major life remodel. Sometimes, a little time outside can make a big impact.

Natural spaces are linked with lower cortisol, the body's main stress hormone, and higher serotonin and dopamine, the chemicals tied to mood and drive. One study suggested noticeable stress relief after as little as 10-20 minutes outside. (Frontiers in Psychology, 2019)

This is even more important in northern states (like Michigan!), where long stretches of gray winter are often tied to seasonal mood changes.

Quick, Real-Life Ways to Get Outside:

- Take your next call from a porch or balcony**
- Have lunch outdoors, even if it's brief**
- Try a "nature scavenger hunt" on a walk**
- Trade 15 minutes of scrolling inside for 15 minutes of strolling outside**



That spark doesn't just vanish, but it does sometimes get put on the back burner when life takes the front ones.

Simple outdoor moments, sitting in the warm sun, feeling a cool breeze brush against your skin, watching the squirrels frolic, are just some of the things that can bring back a whimsical sense of creativity, play, and energy.



Article by: Hyatt Almarsoumi , LLMSW