



MSH Bulletin

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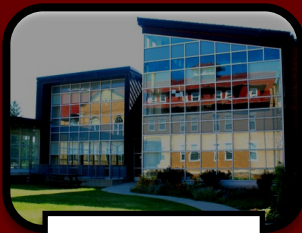
MSH

MISSION:

Mending the Mind
Supporting the Spirit
Healing with Hope

VISION:

Safely deliver
meaningful, quality,
and compassionate,
psychiatric care
to our patients.



Madison State
Hospital

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What are the 4 types of diversity?

The United Nations recognizes over thirty characteristics that represent diversity, but in truth, there are many more than that. Some are visible and some are not. Still, others are immutable parts of who we are, while some change many times over the course of our lives. Broadly speaking, there are four types of diversity: internal, external, organizational, and worldview.

Internal diversity

Internal diversity refers to any trait or characteristic that a person is born with. These might include sex, race, ethnicity, gender, sexual orientation, nationality, or physical ability. You may recognize many of these as protected characteristics — that is, attributes specifically covered under the Universal Declaration of Human Rights.

External diversity

External diversity includes any attribute, experience, or circumstance that helps to define a person's identity — but is not something that they were born with. Examples include socioeconomic status, education, marital status, religion, appearance, or location. These characteristics are often influenced by others and may change over time. They're considered external since they can be consciously changed.

Organizational diversity

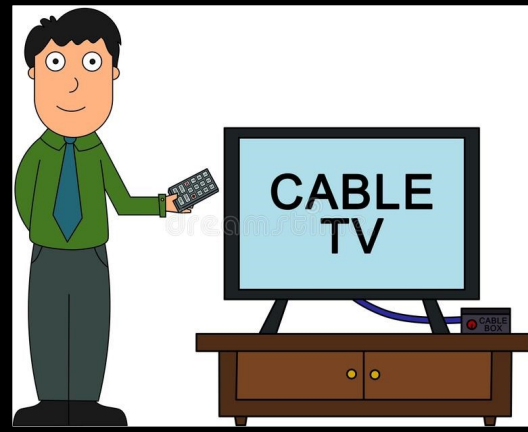
Differences in job function, work experience, seniority, department, or management level are referred to as organizational diversity. Often, entire departments or levels of a company can be homogeneous — that is, everyone looks the same, comes from the same background, or has the same experience.

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Worldview diversity

Finally, worldview diversity encompasses a broad range of beliefs, political affiliations, culture, and travel experiences. Our worldview, or our perspectives, contributes to an innovative, inclusive work environment that is forward-focused. Anything that influences the way we interpret and view the world is part of worldview diversity.

<https://www.betterup.com/blog/what-diversity-really-means-and-why-its-crucial-in-the-workplace>



The MSH cable TV service contract is currently in negotiations with a new provider. As soon as the contract is signed, we will proceed with installation of cable TV. We appreciate your patience and understanding!

Anne Brown, Tara McCoy, Misty Boggs, Amy Stuart, and Shonica Hartless participated in the Encore Trivia Night on Thursday, January 26, 2023 at the Madison Consolidated High School. This was sponsored by Encore Theatre as a fundraiser for their upcoming production of the musical Grease. Our Rehab Team ended up getting 2nd Place out of 7 teams!



WebMD[®]



One-Week Social Media Break Reduces Anxiety, Depression

Taking a weeklong break from social media can lower feelings of anxiety and depression, according to a new study published in the journal *Cyberpsychology, Behavior and Social Networking*.

People who stopped using platforms such as TikTok, Instagram, Twitter, and Facebook for seven days reported an increased sense of well-being, and some said they freed up about nine hours in their week that they would have spent scrolling.

"Scrolling social media is so ubiquitous that many of us do it almost without thinking from the moment we wake up to when we close our eyes at night," Jeff Lambert, the lead study author and a health and exercise psychologist at the

University of Bath, said in a statement. "We know that social media usage is huge and that there are increasing concerns about its mental health effects," he said. "We wanted to see whether simply asking people to take a week's break could yield mental health benefits."

Participants who took a break were more likely to agree with well-being statements such as "I've been feeling optimistic about the future" and "I've been thinking clearly." They were also less likely to feel nervous, worried, or report depressive symptoms.

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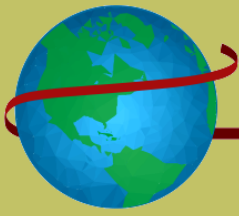
“Many of our participants reported positive effects from being off social media with improved mood and less anxiety overall,” Lambert said. **“This suggests that even just a small break can have an impact.”**

The research team now plans to study whether other groups can benefit from taking a short break from social media, including younger people and those with physical and mental health conditions. The group also wants to follow people for longer than a week to measure whether the benefits last over time.

If results last, study authors wrote, a social media break could be prescribed as an available option for managing mental health.

“Of course, social media is a part of life and for many people, it’s an indispensable part of who they are and how they interact with others,” Lambert said. “But if you are spending hours each week scrolling and you feel it is negatively impacting you, it could be worth cutting down on your usage to see if it helps.”

https://www.webmd.com/depression/news/20220506/one-week-social-media-break-reduces-anxiety-depression?edcol=edcol_mental-health-social-media



IDDSI

International Dysphagia Diet
Standardisation Initiative

IDDSI Training (diet textures) began today February 1st for those who are required to complete this competency. Gary Hoagland, ADON is the instructor.

There are two more opportunities to take this training this week in conference rooms 1 and 3 for those staff required to attend.

- Thursday, 3:00pm February 2nd
- Friday, 7:00am February 3rd

