NEWSLETTER

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OUR MISSION

Deskan Restoring Hope, Inc. responds to urgent needs following disasters to help alleviate human suffering. Our mission prioritizes vulnerable communities and humanitarian support.

COMMUNITY HEALTH & OUTREACH

We work with local leaders and residents to coordinate outreach, provide essential resources, and promote sustainable community health education.



Through community outreach and health education, Deskan works to support vulnerable populations and strengthen community well-being.

DESKAN RESTORING HOPE, INC.

GLOBAL HEALTH & WELLNESS



HERE IS WHAT HAS HAPPENED OVER THE PAST TWO MONTHS!

Welcome to our newsletter! We are thrilled to share with you the latest developments in our mission to make a positive impact on our community.

ESSENTIAL RESOURCES

Deskan Restoring Hope, Inc. has actively engaged with global health issues, including HIV/AIDS, sexually transmitted infections (STIs), violence, homelessness, and hunger, particularly in regions such as Johannesburg, South Africa, Lesotho, the Caribbean, and Guyana.

Our outreach teams provide essential resources, including hot meals, blankets, personal hygiene products, clothing, hats, and gloves, to individuals experiencing homelessness, under bridges, and in temporary shelters occuring once a month.





HUMANITARIAN MISSIONS

These missions seek to support the purpose of bringing together representatives from public and private entities to shape experiences in developing and implementing solutions beyond paper-based materials to low-level literacy.

Deskan Restoring Hope Inc. embarked on its second global health and wellness missions. The theme of these Humanitarian Missions was “Bridging the Population at Risk.”

Come join us, along with BLUE HEART Inc.

DESKAN RESTORING HOPE, INC.

JOAN'S CORNER

STRESS VS. ANXIETY

REPOST 2024

KNOWING THE DIFFERENCE CAN ENSURE YOU GET THE HELP YOU NEED

UNDERSTANDING STRESS

Stress is typically caused by an external trigger, such as a work deadline, conflict with a loved one, unemployment, discrimination, or chronic illness.





UNDERSTANDING ANXIETY

Anxiety involves persistent, excessive worry that may continue even without an immediate stressor

COMMON SYMPTOMS

Irritability • Anger • Fatigue • Muscle pain or tension • Digestive troubles • Difficulty sleeping • Difficulty concentrating

BOTH: WHAT CAN HELP?

Physical activity, a nutritious and varied diet, and good sleep hygiene are useful starting points. Other coping strategies may also help.



WHEN TO SEEK PROFESSIONAL HELP

If stress or anxiety affects daily functioning or mood, consider speaking with a mental health professional. A psychologist can help assess whether an anxiety disorder may be present.

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JOAN'S CORNER • CONTINUED



TYPE OF ANXIETY

GENERALIZED ANXIETY DISORDER:
It is one of the most common anxiety disorders. It involves persistent, excessive worry that is hard to control for at least six months.

PANIC DISORDER:
Sudden attacks of anxiety may cause sweating, dizziness, and gasping for air.



31% LIFETIME ESTIMATE

The supplied article attributes this estimate to the National Institute of Mental Health and describes the lifetime prevalence of anxiety disorders among Americans

TREATMENT OPTIONS

Anxiety disorders can be treated with psychotherapy, medication, or a combination of the two. Cognitive behavioral therapy focuses on changing maladaptive thought patterns related to anxiety.

Exposure therapy involves confronting anxiety triggers in a safe, controlled way to help break the cycle of fear.

