

Pay attention to total wellness

Tips for good mental health

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Mental Health America (MHA) has designated May as Mental Health Awareness Month. Sometimes people tune into physical health issues, but pay less attention to how they think, feel and act as they cope with life and handle stress and relationships. Currently, 1 in 4 Americans struggle with some type of mental health condition.

Take your physical health seriously

Keeping your body healthy will help your mind stay healthy as well.

- Sleep for 7 to 8 hours each night
- Eat a nutritional diet
- Engage in physical activities every day
- Avoid drugs and cigarettes and limit alcohol consumption

Take time for yourself

- Build self-esteem by positively interacting with the people around you
- Focus on positive thoughts about yourself
- Try some new activities
- Learn stress management strategies to decrease daily tensions

Build strong relationships

- Find time in your day to interact with others face to face
- Volunteer: Helping others will lead to meeting new people and feeling better about yourself
- Join a club that focuses on your interests or try a new activity with others

Recognize when it is time to seek professional help if:

- You cannot sleep
- You often feel helpless or hopeless
- You have trouble concentrating
- You are using substances such as food, drugs, or alcohol to cope
- You have negative or self-injurious thoughts you cannot control

For more information visit www.MentalHealthAmerica.net. and www.HelpGuide.org.

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