



**MAY 2021**

## MENTAL HEALTH AWARENESS

May is a time to raise awareness about those living with mental or behavioral health issues and to help reduce the stigma so many experience. Most people can name lots of ways to measure physical health. **Mental health is harder to define.** We know what it's like to be happy, sad, angry, or content. But how much of any emotion is too much? At what point does joy become frenzy? When does anger turn to rage? How much sorrow does it take to have sadness become depression? **The same situation might make two different people feel very different emotions.** How we react to our emotions affects our mental health. We have good mental health when we can manage our emotions.



Naming feelings and talking about them and describing emotions is important for mental wellness.



Mental health screenings help with identification of struggles and treatment leads to better outcomes.



Good sleep, diet and exercise routines are linked to improved mental and physical health.



Start small. Pick one small thing each week to work on. Add something new and positive, or cut out a bad habit.



Don't give up! It takes several months for a behavior to become a habit, but for some people it can take longer.



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