

**P.E.P.**  
Talk

# Better Health Through Improved Planning, Environment and Programs



APPROXIMATELY 1 IN 5 ADULTS IN THE U.S. EXPERIENCES MENTAL ILLNESS IN A GIVEN YEAR.

NATIONAL ALLIANCE ON MENTAL HEALTH

May 2018

**National Physical Fitness and Health Month**

**Mental Health Month**

**National Stroke Awareness Month**



## Health /Wellness

### *Remove the Stigma!*

What if we talked about mental health openly and honestly like we did with other injuries, such as a broken leg. You would not tell someone with a broken leg “to just walk it off.” You would make sure they had crutches, a cast or any other necessary tools to help them along and get around easier. Mental health is not as easy to identify as a broken leg, but maybe if we paid a little more attention, listened without prejudice and then followed up, we could break the code of silence that surrounds mental health. Early interventions may make a huge difference in a person’s life.



## Mind/Body

### *Seeking Help!*

If you or a loved one are experiencing signs of mental distress, do not hesitate to reach out for help. Cognitive Behavioral Therapy (CBT) is a common form of psychotherapy that aims to boost mood and happiness by recognizing and changing dysfunctional feelings and/or behaviors. CBT gives you the tools to approach a challenging situation more clearly and effectively. Talking with someone and hearing your thoughts out loud may help to give you a different perspective. It may take a few different therapists to find the “one” but it is vital to establish an open, trusting relationship with your therapist.



“You aren’t doing ‘nothing’ when you choose to put your well-being first. In fact, this is the key to having everything.”

-Britatany Burgunder



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## Talk

## In Summary...



*"We need so much more openness, transparency and understanding that it's OK to talk about depression as an illness. It's not a weakness. It's not a moral shortcoming. It's not something people brought on themselves."*

John F. Greden, M.D.

Developing self-awareness and the ability to recognize the signs and symptoms of mental distress are both key skills in managing your mental health.

If you feel that signs of mental distress have lasted for more than three weeks, make a call for help. Let's work together to break down the stigma that surrounds mental health: continue the conversation, choose empowerment over shame, and most importantly, show compassion to those struggling with mental illness.

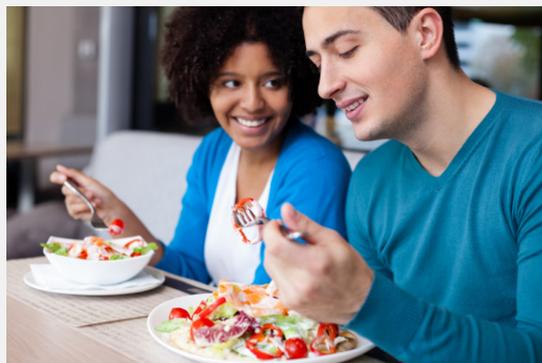
Mark, Wellness Director and Certified Health Coach



## Nutrition

**Change Your mood!**

Ongoing research has shown there is a strong relationship between food and mood. Eating foods that are both vitamin and nutrient-rich and contain antioxidants have been shown to nourish your brain and protect it from damaging inflammatory cells. "Comfort foods," to name a few, include foods such as asparagus, avocado, berries and cashews.



## Active

**Practice Mindfulness!**

Exercise may be the furthest thing from your mind when you are feeling depressed or suffering from anxiety. However, aerobic exercise has been proven to be an effective intervention to improve self-esteem and cognitive function. As little as 30 minutes of exercise per day, 3-5 days per week, can make a difference. In addition to aerobic exercise, consider looking into a yoga or tai chi program. The physical movement of both of these forms of exercise coupled with mindfulness and meditation may serve as an excellent stress reliever. Give exercise a chance and see how you feel after a month.

