



WELLNEWS

A MONTHLY WELLNESS NEWSLETTER

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Mental Health Awareness

four things affecting your mental health

1

Current events

A 2022 study found that 73% of Americans felt overwhelmed by the number of crises happening around the world.

2

Loneliness

Loneliness increases the risk of developing anxiety & depression, and can have an impact on lifespan.

3

Social drivers

These are the conditions in which you live, work, learn, and play (i.e. finances, education, community).

4

Technology

Constant access to social media can cause FOMO, depression, reduced self-esteem, and burnout.



May is Mental Health Month and this year's theme, [Where to Start: Mental Health in a Changing World](#), reminds us that dealing with life's pressures can be overwhelming, and everyone deserves to feel supported and empowered to seek help when needed.

One of the biggest obstacles to seeking help for mental health concerns is the stigma surrounding it as it can prevent individuals from reaching out for support, leading to feelings of isolation and shame. By raising awareness and fostering open conversations about mental health, we can break down these barriers and create a more supportive environment for everyone.

Mental health is a journey, and it's okay to ask for help along the way. Together, let's break the stigma and support one another in our mental health journeys.

four ways to improve your mental health

1

Take action

Try advocating for causes that are important to you - this can be therapeutic in its own way!

2

Find support

Whether it's friends, family, community spaces, or therapy, building a support system can help.

3

Set boundaries

Create a healthier relationship with technology by limiting your screen time.

4

Develop skills

Invest some time figuring out the best coping skills to help you healthily manage your feelings.

[Suicide Prevention Training - May 8](#)
[Building your Coping Toolbox](#)
[Where To Go- Decision Map](#)
[What's Underneath Word Bank](#)
[Happy Color - Coloring Sheets](#)
[Time to Talk about Mental Health: Letter Template](#)
[Additional Resources](#)

RESOURCES



SMARTPHONE APPS

- [Calm](#)
- [Personal Zen](#)
- [Happify](#)
- [Pacifica](#)
- [SuperBetter](#)
- [Breathe2Relax](#)
- [How We Feel](#)

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