MAY WELLNESS:

MENTAL HEALTH AWARENESS

Mental Health Awareness in one of the wellness topics observed in May. Mental Health America (MHA) is a non-profit that offers programs and initiatives which promote overall mental health, and address the needs of those living with mental illness.

On the MHA website, there is a list of *31 tips to boost mental health*.
Here are some of the tips listed:

1. "**Work your strengths."** Find a challenging task that allows you to use your strengths.

2. "**Keep it cool for a good night's sleep."** Set the temperature between 60 and 67 degrees Fahrenheit to help support a good night's sleep.

3. "**Experiment**"…try something creative; such as painting, writing a poem or trying a new recipe.

4. **"Show some love to someone in your life."** Work towards keeping relationships healthy. Healthy relationships can increase well-being and happiness.

5. **"Take time to laugh."** Spend time with friends or family who make you laugh, watch funny shows or videos, or engage in any other activities that make you laugh. Laughing can help boost mental health by helping to reduce anxiety.

6. **"Dance around while you do your housework."** Dance to increase endorphins and reduce stress ~ all while getting your chores done, too.

7. **"Has something been bothering you? Let it out…on paper."** Release your feelings by writing them out. This can help reduce symptoms of depression.

8. **"Work some omega-3 fatty acids into your diet".** Incorporate foods with omega-3, such as wild salmon, walnuts or flaxseeds. This has been linked to decreased rates of depression and schizophrenia.

For additional information on the above tips, and to find the complete list of 31 tips, click here: **31 Tips to Boost Your Mental Health**