

May

REGIONAL BEHAVIORAL HEALTH COORDINATORS

m DEPARTMENT
OF HEALTH



MENTAL HEALTH AWARENESS MONTH: STEPS YOU CAN TAKE TO PRIORITIZE YOUR WELL-BEING

BY ALONDRA VÉLEZ

This article's goal is to emphasize the significance of mental health and provide practical tips and tricks to help you prioritize your mental well-being. In today's world, where we face the complexities of daily life, taking proactive steps to care for our mental health is more important than ever. This month, let's prioritize mental health and explore effective strategies that can lead to a healthier and more fulfilling life.

Creating Stability with Routine and Mindfulness

Establishing a daily routine is one of the simplest yet most effective strategies for mental stability. It's like building a safety net for your mind, providing predictability that can significantly ease mental stress. By setting regular times for waking, eating, working, and sleeping, we create a framework that fosters mental calm and readiness to tackle daily challenges. To enhance these benefits, consider integrating mindfulness practices into your routines. This can have profound effects, helping you remain anchored in the present moment and reducing stress and anxiety.

The Foundation of Physical Health

Physical health plays a critical role in our mental well-being. A well-rested body supported by regular physical activity forms a strong foundation for a healthy mind. It's not just about feeling good physically, but also about boosting your mental clarity and mood. So, aim for seven to nine hours of quality sleep each night, and incorporate at least 30 minutes of moderate exercise into your daily routine. Activities like walking, yoga, or cycling can do wonders for your physical health and, in turn, improve your mental well-being.

Managing Stress with Breath and Time

In the midst of life's demands, stress can become a standard yet manageable part of our lives. Simple techniques like 'box breathing'—where you breathe in for a count of four, hold for four, breathe out for four, and hold again for four—can quickly and effectively reduce acute stress. This exercise helps regulate the nervous system and can be done anywhere. Effective time management is another crucial skill for stress reduction. Organize your tasks by priority, focusing on what needs to be completed first. This approach helps manage daily responsibilities and prevents the overwhelming feeling that comes from a cluttered to-do list.

**Mental
health
matters**

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Building and Using a Support Network

The journey of mental health is not one to be walked alone. Regular interaction with mental health professionals can provide invaluable support and insights. These experts can offer guidance tailored to your needs and help navigate the complexities of mental health challenges. Building a solid support network of friends, family, and community members is not just important, it's crucial. These relationships provide more than just emotional support; they create a sense of belonging, reduce feelings of isolation, and can significantly enhance your mental resilience.

A Call to Action for Mental Health Month

This Mental Health Month, let's empower ourselves by committing to taking proactive steps to enhance our mental well-being, no matter how small. From setting a morning routine that includes mindfulness to reaching out to friends or engaging in physical activities, each step is a testament to our control and capability in improving our mental health. Let's nurture our mental landscape as the flowers bloom this May. Let's diligently cultivate habits that support our mental health, encourage growth, and lead to a flourishing life. Your journey to better mental health is a series of small steps that lead to significant change. Embrace each step with confidence and commitment, and watch as your life transforms.

UPCOMING EVENTS

- 6/10 Psychological First Aid 3-4:30pm

If you are interested in getting more information about our Behavioral Health Medical Reserve Corps, please join one of our information sessions.

May 4th 9-10:00AM

<https://minnesota.webex.com/minnesota/j.php?MTID=md9ff225e5e753a581e5306639ca7fca0>

June 4th 6-7:00PM

<https://minnesota.webex.com/minnesota/j.php?MTID=m2d3a925e70dbda8b97596c1b2ccd9b76>

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