Would you like to engage in a conversation about mental health but are uncertain how to begin? You could say, “I saw a post today about May being Mental Health Awareness Month. It suggested talking about what we do to help our mental health because our mental health affects how we think, feel, and act, in addition to impacting our physical health. I’ve been thinking about what I do to help my mental health, and here’s what I’ve come up with... What do you do to take care of your mental health?”

Here are examples of ways to help take care of your mental health:

- Use a journal to reflect and sort through your feelings and emotions.
- Talk with people you trust when you feel depressed or anxious.
- Celebrate moments of joy by noticing input from your five senses to make a lasting memory for yourself.
- Try to face challenges from a growth mindset.
- Review your schedule and routines to see if any parts of your life are out of balance and could benefit from greater focus.
- Problem-solve how to resolve any internal or external conflicts.
- Practice mindfulness techniques for stress relief.
- Take steps toward getting proper amounts of sleep, moving and exercising, and eating nutritious food to lay a foundation for being mentally well and healthy.
- Talk with your primary care physician and/or a mental health professional about any changes in your mood or thinking that concern you.

FOR PARENTS: Consider beginning a conversation about mental health with your teenager or child while walking or doing a task together because those settings may provide greater comfort than sitting across from your child with the discussion as the only focus. Point out any positive coping strategies you have noticed your child use recently.

*To receive email updates on current Emotional Wellness Programs, including virtual presentations, send an email saying “Feel Good” to emotional-wellness-no-reply@tricityfamilyservices.org