

MAY 2018

MENTAL HEALTH & WELLNESS AWARENESS MONTH

Three Aspects of Mental Health: Mind-Body-Spirit

Start Taking Care of **YOU!** Learn how to create order in chaos and recognize that life is full of hope and endless possibilities!

But you're probably asking yourself "Where do I begin?"

You may be lacking clarity on what direction to follow in life and as a result are experiencing feelings such as shame, guilt, and hopelessness. You may have recently lost a loved one and are feeling sad, alone, and just barely fighting off the urge to cry. Or maybe you're just trying to cope with the everyday stressors of life: finances, relationships, work.

Well first off, allow yourself to feel how you are feeling. Our feelings are not a sign of weakness and do not define us. In fact, they are indicators of how we respond to the world around us and a sign of our mental health. According to Mentalhealth.gov, Mental health can be identified as our emotional, psychological, and social well-being and how each affect how we think, feel, and act. When problems arise in one or all of these categories, this could lead to additional signs that signal that something is going on and may need to be addressed to prevent further emotional conditions such as depression and anxiety.

Depression and anxiety usually lend to feelings of hopelessness and make us unable to see all the options available to us, leading to something more severe. But luckily each and every one of us has the tools to change our situation and take control of our lives.

Having feelings and emotions is ok! Embrace them. Learn from them. Find your balance!

This Month is "**Mental Health Awareness Month**," and we, the members of the Mental Health Committee, would love for you to team up with us in increasing awareness and understanding of mental health, by taking an oath to promote "Lifetime Wellness."

The Honorable Mayor of the City of Del Rio, kicked off the month by signing a proclamation designating May as Mental Health Awareness Month. Through out the month, the Community Health Improvement Coalition (CHIC) Mental health committee will offer information and classes that encourage social participation and inclusion for all people on topics related to The Three Aspects of Mental Health: Mind-Body-Spirit Connection. May 9th there will be a presentation on how food impacts on mental health titled "The Brain Gut Connection," by Bernadine Peters, Registered Dietician. Other activities planned are on yoga and mental health as well as a possible presentation on Tai Chi. Keep an eye out for further information.

Remember, mental health conditions affect us all, but there are resources that can help you maintain optimum physical and mental health. Become your own advocate.

Start taking steps to a better **YOU!**

#4Mind4Body

Mental health is
essential to
everyone's overall
health and well-
being!

According to the
National Institute of
Mental Health, in
2016, 18.3% of all
U.S. adults were
experiencing some
form of mental
illness.

Encourage your
local public officials
to go on the record
in support of mental
health!

MENTAL HEALTH COMMITTEE

If interested in volunteering
please contact:

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