Regional Health Services
OF HOWARD COUNTY

Senior Life Solutions®

MAY 2022 | NEWSLETTER

MENTAL HEALTH AWARENESS MONTH

Celebrate your mental health in May!

According to Mental Health America (MHA), in 1949, they introduced Mental Health Week, which eventually became Mental Health Month, to help "educate Americans about mental illness and mental health." Each year, organizations and programs like ours come together to reduce the stigma surrounding mental health, help improve access to care, educate communities on signs and symptoms, and highlight mental health progress globally.

Moving through a pandemic has taught many of us that mental health plays a large role in our overall health. To take care of ourselves completely, we must take care of our physical AND mental health. The CDC states that mental health "affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood."

On the next page are a few ways MHA suggests improving or maintaining good mental health and keeping your overall health in tip-top shape.

Five Ways to Improve Your Mental Health

- Do your best to enjoy 15 minutes of sunshine, and apply sunscreen. Sunlight synthesizes Vitamin D, which experts believe is a mood elevator.

- Send a thank-you note to show your appreciation for someone.

- Take time to laugh-watch your favorite comedy or hang out with a funny friend. Laughter helps reduce anxiety.

- Track gratitude and accomplishments by writing down three things you are grateful for and three things you accomplished each day.

- Work your strengths. Do something you're good at to build self-confidence, then tackle a tougher task. Meet up with family and friends.

MHA states, "When you're mentally healthy, you are able to enjoy your life and the people in it, feel good about yourself, keep up good relationships, and deal with stress. It's normal for your mental health to shift over time – we all face difficult situations in our lives."

We encourage you to find time this month to try out the tips above and begin developing a plan to create positive habits that will help support your mental health and build skills to face difficult situations as they arise.

We are your hospital's program, designed to meet the unique needs of individuals typically 65 and older experiencing depression and/or anxiety related to life changes that are often associated with aging.

If you or someone you know could benefit from this program, don't hesitate to get in touch with us. Call us today.

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