

May 2022

# Mental Health Awareness Month - Back to Basics

<https://www.mhanational.org/>

We are recognizing May in Lebanon County as Mental Health Awareness Month. Each day of May will include information, links to websites, activities, video links, things to think about, and more. Join us throughout May to explore mental health—back to the basics and why maintaining and improving your own mental health is good for you and others.

	SELF-CARE SUNDAY	MOTIVATIONAL MONDAY	TRY IT OUT TUESDAY	WATCH IT WEDNESDAY	THOUGHTFUL THURSDAY	FAMILY & FRIENDS FRIDAY	SHARING SATURDAY
Nutrition & Wellbeing	1 Do something that makes you happy like listening to music, reading a book, or sitting in the sun.	2 How to use affirmations to improve your mental health... <a href="https://www.youtube.com/watch?v=GoPhJUzyw_Q">https://www.youtube.com/watch?v=GoPhJUzyw_Q</a>	3 Why unplugging one day a week is good for you. <a href="https://www.forbes.com/sites/meimeifox/2019/09/24/8-reasons-why-you-should-unplug-one-day-a-week/?sh=7a7d72641b79">https://www.forbes.com/sites/meimeifox/2019/09/24/8-reasons-why-you-should-unplug-one-day-a-week/?sh=7a7d72641b79</a>	4 Learn about the connection between Nutrition and Mental Health at <a href="https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm">https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm</a>	5 How much water do you drink each day? <a href="https://www.healthfitnessrevolution.com/5-emotional-and-mental-benefits-of-drinking-water/">https://www.healthfitnessrevolution.com/5-emotional-and-mental-benefits-of-drinking-water/</a>	6 Make a healthy meal for family/friends for dinner tonight. You are more likely to feel happy! Watch this Mayo Clinic Minute: <a href="https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-minute-the-benefits-of-being-socially-connected/">https://newsnetwork.mayoclinic.org/discussion/mayo-clinic-minute-the-benefits-of-being-socially-connected/</a>	7 Friendships are important for well-being. Spend time together. <a href="https://www.everydayhealth.com/emotional-health/social-support.aspx">https://www.everydayhealth.com/emotional-health/social-support.aspx</a>
	8 Turn off all electronics and go on a nature walk. Take in all the sights, smells, and sounds.	9 You are only one workout away from a Good Mood! :)	10 Sitting too much isn't good for your mental health. Here's ways to get yourself moving: <a href="https://www.npr.org/sections/health-shots/%202021/%2010/%2016/%201034201715/home-workout-exercise-tips">https://www.npr.org/sections/health-shots/%202021/%2010/%2016/%201034201715/home-workout-exercise-tips</a>	11 Learn about the connection between Exercise and Mental Health at <a href="https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm">https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm</a>	12 "Exercise also has great benefits for mental health. It releases endorphines that make you feel happy." MichelleDavis/QuoteHD.com Think about ways to add physical activity into your day.	13 Plan an active game with family/friends. <a href="https://www.helpguide.org/articles/mental-health/benefits-of-play-for-adults.htm">https://www.helpguide.org/articles/mental-health/benefits-of-play-for-adults.htm</a>	14 Laughter is the best medicine: <a href="https://www.fix.com/blog/benefits-of-smiling-and-laughter/">https://www.fix.com/blog/benefits-of-smiling-and-laughter/</a> Learn about laughter aerobics: <a href="https://youtu.be/M4KAk5k11">https://youtu.be/M4KAk5k11</a>
Exercise	15 If you aren't taking care of yourself, your relationships may be strained. Reflect on what you need and take some time for YOU today.	16 Practice gratitude. Be compassionate. Show kindness. Be honest.	17 Try engaging in your friend's favorite activity with them.	18 Learn how to nurture your interpersonal relationships at <a href="https://www.youtube.com/watch?v=o6nswsQxYPE">https://www.youtube.com/watch?v=o6nswsQxYPE</a>	19 Reflect on how you can foster your current interpersonal relationships by identifying what behaviors you value.	20 Drop in to visit your family & friends. Get a bite to eat, play a game, or watch a movie & relax.	21 Share your favorite activity, dish, or hobby with one of your friends!
	22 Strengthen your mind, body, & spirit with my Strength's proven tools by Wellspan Philhaven's Start: <a href="http://wellsphanphilhaven.org/myStrength-online-tools">wellsphanphilhaven.org/myStrength-online-tools</a>	23 Go for a 5 minute walk today.	24 Write down 3 things you're grateful for or pick another journaling prompt at <a href="http://daveursillo.com/7-mindful-writing-prompts">daveursillo.com/7-mindful-writing-prompts</a>	25 Meditate. Click this link: <a href="https://www.youtube.com/watch?v=ZToicYcHI0U">https://www.youtube.com/watch?v=ZToicYcHI0U</a> Close your eyes & relax.	26 Stop what you're doing. Take 3 deep breaths, counting to 3 on each inhale and exhale.	27 Self-reflect. Write down 3 accomplishments this month - no matter how small or big.	28 Tell someone you care about what a great job they are doing.
Nurture Relationships	29 Why is self-care so beneficial? <a href="https://www.everydayhealth.com/self-care/">https://www.everydayhealth.com/self-care/</a>	30 Why is motivation an important part of mental health? <a href="https://mentalhealth360.uk/why-is-motivation-important/">https://mentalhealth360.uk/why-is-motivation-important/</a>	31 Don't stop now that May is over. Keep educating yourself on mental health. Recognize signs of concern so you can help yourself and others. <a href="https://www.mentalhealth.gov/basics/what-is-mental-health">https://www.mentalhealth.gov/basics/what-is-mental-health</a>	May Mental Health Training opportunities: May 12: QPR Virtual Training 8:30 AM to 12:00 PM Register on-line <a href="https://www.wellsphanphilhaven.org/">https://www.wellsphanphilhaven.org/</a> . May 18: Self-Stigma Workshop 3:30 to 5:30 PM Register on-line at <a href="mailto:ympa@youthmovepa.org">ympa@youthmovepa.org</a> or <a href="mailto:pmhca@pmhca.org">pmhca@pmhca.org</a> May 20: Recovery-Oriented Mental Health Services Training 9:00 AM -4:00 PM Call Recovery InSight to register 877-597-9497 X10			
	22 Strengthen your mind, body, & spirit with my Strength's proven tools by Wellspan Philhaven's Start: <a href="http://wellsphanphilhaven.org/myStrength-online-tools">wellsphanphilhaven.org/myStrength-online-tools</a>	23 Go for a 5 minute walk today.	24 Write down 3 things you're grateful for or pick another journaling prompt at <a href="http://daveursillo.com/7-mindful-writing-prompts">daveursillo.com/7-mindful-writing-prompts</a>	25 Meditate. Click this link: <a href="https://www.youtube.com/watch?v=ZToicYcHI0U">https://www.youtube.com/watch?v=ZToicYcHI0U</a> Close your eyes & relax.	26 Stop what you're doing. Take 3 deep breaths, counting to 3 on each inhale and exhale.	27 Self-reflect. Write down 3 accomplishments this month - no matter how small or big.	28 Tell someone you care about what a great job they are doing.
Mindfulness	29 Why is self-care so beneficial? <a href="https://www.everydayhealth.com/self-care/">https://www.everydayhealth.com/self-care/</a>	30 Why is motivation an important part of mental health? <a href="https://mentalhealth360.uk/why-is-motivation-important/">https://mentalhealth360.uk/why-is-motivation-important/</a>	31 Don't stop now that May is over. Keep educating yourself on mental health. Recognize signs of concern so you can help yourself and others. <a href="https://www.mentalhealth.gov/basics/what-is-mental-health">https://www.mentalhealth.gov/basics/what-is-mental-health</a>	May Mental Health Training opportunities: May 12: QPR Virtual Training 8:30 AM to 12:00 PM Register on-line <a href="https://www.wellsphanphilhaven.org/">https://www.wellsphanphilhaven.org/</a> . May 18: Self-Stigma Workshop 3:30 to 5:30 PM Register on-line at <a href="mailto:ympa@youthmovepa.org">ympa@youthmovepa.org</a> or <a href="mailto:pmhca@pmhca.org">pmhca@pmhca.org</a> May 20: Recovery-Oriented Mental Health Services Training 9:00 AM -4:00 PM Call Recovery InSight to register 877-597-9497 X10			
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Keep Learning	Brought to you by:						
	Community Health Council <a href="http://communityhealthcouncil.com/">http://communityhealthcouncil.com/</a>	Empower the Mind, LLC <a href="http://empowerthemind.org/index.html">http://empowerthemind.org/index.html</a>	Lebanon County MH/ID/EI <a href="http://www.lebcounty.org/depts/MHIDEI/Pages/default.aspx">http://www.lebcounty.org/depts/MHIDEI/Pages/default.aspx</a>		WellSpan Philhaven <a href="https://www.wellsphanphilhaven.org/">https://www.wellsphanphilhaven.org/</a>		

Community Health Council  
<http://communityhealthcouncil.com/>

Empower the Mind, LLC  
<http://empowerthemind.org/index.html>

Lebanon County MH/ID/EI  
<http://www.lebcounty.org/depts/MHIDEI/Pages/default.aspx>

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<https://www.wellsphanphilhaven.org/>