

# National Mental Health Awareness Month

*Mental Health Awareness Month was established to increase awareness of the importance of mental health and wellness.*

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*Good mental health helps you enjoy life! It promotes a feeling of well-being and inner strength!*

## WHAT IS GOOD MENTAL HEALTH?

It is a sense of wellbeing, confidence and self-esteem that enables us to fully enjoy and appreciate other people, day-to-day life and our environment.

When we are mentally healthy, we are better able to:

- ❖ Form positive relationships!
- ❖ Use our abilities to reach our potential!
- ❖ Deal with life's challenges!

Here are a few tips for improving your mental health:

- ❖ Talk about your feelings
- ❖ Exercise regularly
- ❖ Eat healthy meals
- ❖ Get enough sleep
- ❖ Spend time with friends and loved ones
- ❖ Develop new skills
- ❖ Relax and enjoy a hobby
- ❖ Set realistic goals
- ❖ Talk to your doctor or a health professional

# National Physical Fitness and Sports Month

*National Physical Fitness and Sports Month is designated to promote healthy lifestyles and raise awareness about the benefits of physical activity.*

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*Physical Activity is any form of exercise or movement of the body that uses energy.*

**The Long-Term Benefits of Regular Physical Activity Include:**

- ❖ Preventing chronic diseases such as heart disease, cancer and stroke
- ❖ Controlling weight
- ❖ Making muscles stronger
- ❖ Reducing fat
- ❖ Promoting strong bone, muscle and joint development
- ❖ Conditioning heart and lungs
- ❖ Building overall strength and endurance
- ❖ Improving sleep
- ❖ Decreasing the potential of becoming depressed
- ❖ Increasing energy and self-esteem
- ❖ Relieving stress

**When you are not physically active, you have a higher risk of:**

- ❖ High blood pressure
- ❖ High blood cholesterol
- ❖ Stroke
- ❖ Type 2 diabetes
- ❖ Heart disease
- ❖ Cancer



To speak with a counselor confidentially, call:  
**StressCare Behavioral Health EAP**  
**419-531-3500**