



May is Mental Health Awareness Month

What is it?

Put together by the National Alliance on Mental Illness or NAMI, every year they strive to fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families.

For 2022's Mental Health Awareness Month, NAMI will amplify the message of "Together for Mental Health."

Source: <https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>

You Are Not Alone

We have all been through a lot these last couple of years. Taking care of your mental health is more important than ever. Nearly 1 in 5 Americans live with a mental health condition; these include mental, emotional, or behavioral disorders such as depression, anxiety, mood disorders, personality disorders, eating disorders, trauma, and substance use disorders. Experts stress that now is the time to focus on healing, reaching out, and connecting in safe ways by acknowledging that **it's okay to not be okay**. There are a variety of mental health care workers out there that support a return to a full, productive life as quickly as possible and can give you the help you need. **Visit your doctor for a list of mental health care recommendations.**

Be Compassionate With Yourself

One of the best things you can do is to practice self-compassion. **Be nice to yourself**. Ideas for this include:

- Remain hopeful. Find things to be grateful about. You could start a gratitude journal, or keep notes in a gratitude jar.

- Use your phone or computer to stay connected with a balance on when to disconnect.
- Get the facts but monitor the time you spend watching the news,
- Eat healthy and exercise, maybe not the time to go on a strict diet or exercise regime, find a way to make small changes such as eating less of the “bad food” or going on walks.
- Focus on what you can do to stay prepared.
- Be fun and creative while at home (e.g., dance, listen to music, small house projects, journaling).
- Setting a routine/structure to the day can combat boredom.
- Do not smoke, drink alcohol or use drugs to deal with your feelings.

Taking Care of Your Mental Health

Why Should We Do It?

Nurturing our mental health can also help us combat or prevent the mental health problems that are sometimes associated with a chronic physical illness. In some cases, it can prevent the onset or relapse of a physical or mental illness. Managing stress well, for instance, can have a positive impact on heart disease.

When we are mentally healthy, we enjoy our life and environment, and the people in it. We can be creative, learn, try new things, and take risks. We are better able to cope with difficult times in our personal and professional lives.

Ten Things You Can Do For Your Mental Health

1. Value Yourself- Treat yourself with kindness and respect, and avoid self-criticism.
2. Take Care of Your Body-Eat well, exercise, avoid smoking and vaping, get sleep
3. Surround Yourself with Good People
4. Give Yourself- volunteer your time and energy for good things
5. Learn How to Deal With Stress
6. Quiet Your Mind- practice meditation, mindfulness
7. Set Realistic Goals
8. Break up the Monotony- try new things, change up your routine a little
9. Avoid alcohol and drugs

10. Get Help When You Need It

Seeking help is not a sign of weakness and treatment can be effective for most people struggling with their mental health.

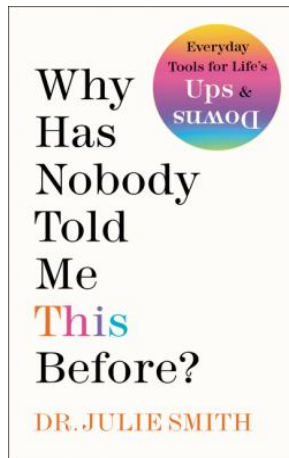
Sources:

<https://toronto.cmha.ca/documents/benefits-of-good-mental-health/>

<https://uhs.umich.edu/tenthings>

<https://www.who.int/westernpacific/about/how-we-work/pacific-support/news/detail/07-10-2021-6-ways-to-take-care-of-your-mental-health-and-well-being-this-world-mental-health-day>

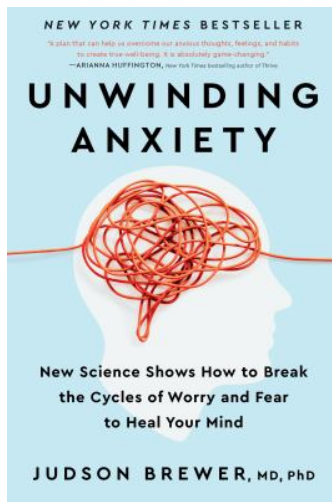
Tipton County Public Library Book Recommendations for Mental Health



Why Has Nobody Told Me This Before?

Author: Julie Smith

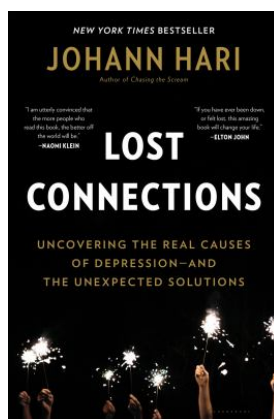
Description: Drawing on her years of professional experience as a clinical psychologist, the author offers expert advice and powerful coping techniques for fortifying and maintaining mental health, even in the most trying of times.



Unwinding Anxiety

Author: Judson Brewer

Description: Presents a step-by-step plan to break the cycle of worry and fear that drives anxiety and addictive habits through the use of brain-based techniques accessible to anyone.

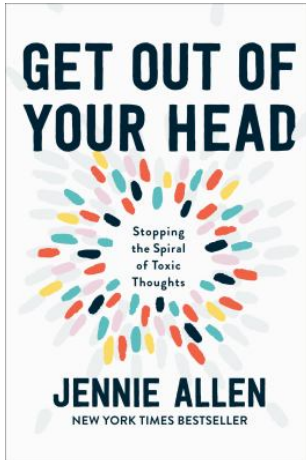


Lost connections: Uncovering the real causes of Depression-- and the Unexpected Solutions

Author: Johann Hari

Description:

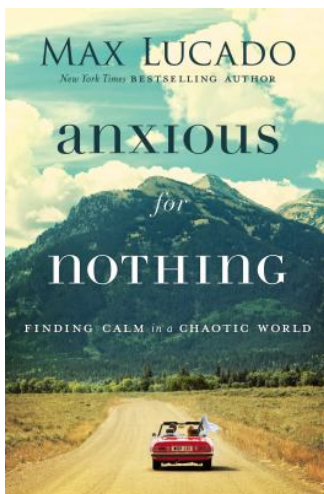
"Across the world, Hari found social scientists who were uncovering evidence that depression and anxiety are not caused by a chemical imbalance in our brains. In fact, [they believe] they are largely caused by key problems with the way we live today.



Get Out of Your Head: The One Thought That Can Shift Our Chaotic Minds

Author: Jennie Allen

Speaker and Bible teacher Jennie Allen hears all the time from women who feel stuck in patterns of frustration and defeat. In her search for a solution, she's learned that the greatest spiritual battle of our generation is taking place between our ears. How we think shapes how we live. So it's crucial that we learn how to stop our spinning thoughts and refuse to be victims of toxic thinking patterns like victimhood, anxiety, and distraction.



Anxious For Nothing: Finding Calm in a Chaotic World

Author: Max Lucado

Does the uncertainty and chaos of life keep you up at night? Is anxiety your constant companion? We've all been there, but we don't have to let those racing thoughts control us. It's time to let God help you win the war on worry and start living a life full of calm.

Anxious for Nothing, from pastor and New York Times bestselling author Max Lucado, provides a practical and powerful roadmap for battling with and healing from anxiety. Combining hopeful scripture with timeless stories, Max will equip you with the tools you need to overcome your anxieties, no matter what you're facing.

More Book Recommendations

You can also check out the link below or go to our online databases like Libby and Hoopla for even more fiction and nonfiction books about mental health. If you want a full search, go to our online catalog and do a subject search on “mental health.”

- [10 Books to Read For Mental Health Month](#)