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The Mindfulness Newsletter

“Mental Health Matters”

Issue #1



Alliance Center
for Education

What is Mental Health?

Mental health comprises of our psychological, social, and emotional well-being. Additionally, it affects how we feel, think, and act. The choices we make, how we handle stress, and how we relate to others are responsive to our mental health.

Mental Health Matters because...

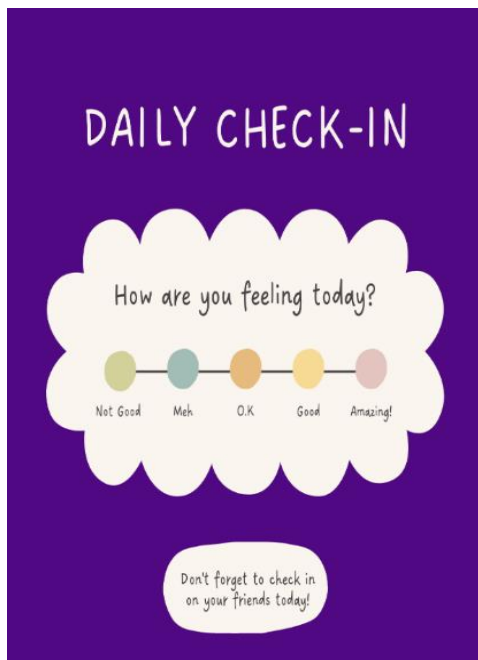
It begins to affect every aspect of our lives from our relationships with others to our productivity at work or school.



Fun Fact: The amygdala is the key part in emotional control and processes.

Mental Health Checklist

Taking care of your mental health



Practice self-care. Take the time to engage in things that you enjoy, such as reading a book, listening to music, exercising, spending time with family and friends, or having a relaxing bath. Self-care will help reduce stress and improve your mood.

Connect with others. It is important to have a support system. If you need guidance or someone to talk to, reach out to a friend, family member, or professional.

Learn to understand and manage your feelings and emotions.

It's okay to take a break. Sometimes we may need to take a break to refocus and reset our mind.

HERE ARE 4 TIPS TO HELP YOU Manage mental health

Make a mental health plan for each day

Keep your brain and body functioning by refueling them with nutrition, sleep, and exercise.

Let your feelings be known

In order to maintain mental health, you may need to release uncomfortable emotions by talking to someone about how you feel.

Proactively manage your stress

You can avoid being overwhelmed if you are prepared and plan your time. Take the time to breathe.

Positive attitude toward others and yourself

Think of positive affirmations throughout the day.

Ask yourself daily check-in questions to aid in acknowledging your emotions and being able to address and cope with negative feelings. Mental health check-ins begin to build resiliency and overall awareness.

Upcoming Mental Health Events:

Oct 4, 2023 Mental Hygiene Day

Oct 7, 2023 Eco Therapy: A Mindful Group for Mental Health in Nature

Oct 14, 2023 Loving Me: Mind, Body and Soul: A Mental Symposium



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