

Challenge to Live Healthy Mind and Body

Since a Congressional designation in 1949, May has been recognized as **Mental Health Awareness Month**. In the month of May, as well as throughout the year, mental health providers, like Sinnissippi Centers, seek to **increase awareness** and the need for mental health services, while at the same time trying to **lessen the stigma** associated with mental illness.



This year, Sinnissippi is adding a new angle to these efforts, by **issuing a challenge** to **Live Healthy - Mind and Body**. As part of the campaign, we encourage individuals to care about their mental health as much as they do about their physical health

Stress is closely linked to **high blood pressure, heart disease and obesity**, while depressed and chronically stressed individuals may be a greater risk for physical illnesses.

Here are some tips for healthy choices you can adopt to promote and strengthen your mental health as well as overall health and well-being.

STEP 1: Set manageable goals

Be realistic about your workload and deadlines. Make a “to do” list, taking care of important tasks first and eliminating unessential ones.

STEP 2: Live a healthy lifestyle

Take care of your body. Limit intake of caffeine and alcohol. Get enough rest, exercise and balance work with play.

STEP 3: Spend time with others

Family and friends are important. Reach out to someone you haven’t talked to in a while or call on a friend or relative to join you on errands or everyday activities.

STEP 4: Take a time out

Try meditating, exercising, indulging a hobby or talking with a friend. Whatever you choose to do, remember it’s your time, so spend it doing something you enjoy.

STEP 5: Ask for help

Allow friends and family to assist with housework, child care or any activities you find stressful. If you persistently feel overwhelmed, seek help from a mental health professional.



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