

WORLD MENTAL HEALTH DAY



October 10, 2022, is World Mental Health Day.

"World Mental Health Day is marked every year on October 10 to raise awareness about mental health worldwide and to mobilize efforts to support those experiencing mental health issues. Since 2013, the World Health Organization (WHO) has organized a global campaign for World Mental Health Day. World Mental Health Day 2023 is an opportunity for people and communities to unite behind the theme 'Mental health is a universal human right' to improve knowledge, raise awareness and drive actions that promote and protect everyone's mental health as a universal human right.

In terms of quality of life, mental health is crucial. Mental health is affected by many factors outside your control, but you can promote better mental health by creating beneficial, healthy habits.

In honor of World Mental Health Day, our program would like to share *HealthLines's* "Strategies to Promote Improved Mental Health."

WAYS TO IMPROVE YOUR MENTAL HEALTH

Get restful sleep.

Sleep isn't just nonnegotiable for physical health. It also plays an essential role in mental health. To get enough high-quality sleep, try starting with these habits:

- Avoid caffeine after 3 p.m.
- Try to wake up and go to sleep at the same time every day.
- Make your bedroom into a quiet, relaxing, clutter-free space.

Cut back on social media.

Research shows that social media can bring added stress to one's life. To spend less time on social media, try to:

- Keep your phone in a drawer or outside your bedroom while sleeping.
- Make a list of alternate, more meaningful activities to replace your usual scrolling sessions.

Strengthen your relationships.

Humans are social creatures, and strong relationships can have a positive influence on your mental health in various ways. You have plenty of options for cultivating positive connections and nurturing your friendships:

- Keep in touch by checking in regularly, even with just a quick text or funny meme.
- Meet up for a morning walk or breakfast.

Move your body on your own terms.

Exercise offers a range of mental health benefits. Enjoyable movement could include:

- Join a running or walking club.
- Try a slower-paced restorative activity class like yoga.
- Garden or enjoy other work outside.

Make time for rest.

While what constitutes "rest" may vary from person to person, it generally means giving your mind and body the opportunity to unwind and restore.

There are several strategies above that can help improve mental health, but they will not a "cure" mental illness. Working with a mental health professional, however, can be a particularly powerful way to improve mental health.

WE CAN HELP.

Our program is designed to meet the unique needs of older adults experiencing depression and/or anxiety related to life changes that are often associated with aging. Anyone can make a referral to our program, including self-referrals, provider referrals, or community referrals.

Call us today at