

May is Mental Health Awareness Month!

Gothenburg Community Challenges-Sponsored by Gothenburg Health & Senior Life Solutions

Gothenburg Health and their Senior Life Solutions Group is challenging businesses in our community to join us in raising awareness for Mental Health Awareness Month this May. We have a couple of different options for you to participate and would love for you participate in some or all of these activities. *Read to the end to learn about prizes!*

Wear Green on Fridays

Green is the color of mental health representing hope, strength, support, and encouragement for sufferers. Everyone is encouraged to wear a touch of green or wear a green ribbon for this cause. Share a photo of you or a team of employees wearing green on social media with #GratefulGothenburg and tag @GothenburgHealth so we make sure to see and share your pics! *Also, if you're willing to share, we'd love to hear why mental health awareness is important to you and encourage you to post about this with your photo(s).*

Walk out of Work

Join us on Thursday, May 20 for a **“Walk out of Work”** walk to raise awareness for Mental Health. There are a couple of ways you can participate including on your own at your home or place of work or you're welcome to join us at the YMCA from 12:30-1 pm. Take a selfie or group photo and post to social media with #GratefulGothenburg and tag @GothenburgHealth so we can share your participation. *Again, if you're willing to share, we'd love to hear why mental health awareness is important to you and encourage you to post about this with your photo(s).*

Wellness Challenges

Let's honor our mental health and help someone else in the process by participating in our #GratefulGothenburg virtual challenge. Share your progress virtually with #GratefulGothenburg, @GothenburgHealth and let's reduce stigma together!

Challenge Options

- Both **Wear Green on Friday** and **Walk out of Work**, count as challenge entries!
- Laugh! Find something to bring a smile to your face or watch a comedy to reduce anxiety.
- Sleep problems increase the risk of developing depression, get your 8 hours!
- Pay it forward to a stranger.
- Leave your phone behind for a day, go enjoy the outdoors!
- Reach out and listen to a friend who needs to talk.
- Ask your co-worker or neighbor how their day is going. Take the time to listen.
- Take 10 minutes out of work day to sit in the sun - the vitamin D helps too!
- Go for a walk or hike today to increase energy levels, reduce depression & boost well-being.
- Feeling anxious? Channel your inner kid and try coloring for 20 minutes to help clear your mind.
- Mail a friend a 'just because' card. Have the whole family do this!
- Feeling stressed? Smile! Smiling helps to lower your heart rate and keep calm.
- Practice forgiveness - people who forgive have much better mental health.
- Make a gratitude list.



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Two Prize Winners will be drawn for a choice of either a **1-hour massage** or a **mani/pedi combo** to help you focus on your self-care!

What? Prizes for helping myself and others? Yes! As part of our goal to raise awareness during the month, we're challenging the community to join us by completing any of the challenges described

You can enter the prize drawing through the following options:

- **Option #1:** Take a picture and use the **#GratefulGothenburg** to document the completion of any of the challenges. Tag **@GothenburgHealth** on either Facebook or Instagram.
- **Option #2:** Email a picture or a note of what you did as part of the **#GratefulGothenburg** challenge to Becky Jobman (bjobman@gothenburghealth.org), and you can be entered that way too!
 - *You can enter as many submissions as you want using Option 1 or Option 2.*
 - *All submissions need to be entered by May 31, 2021. We'll randomly draw from all the names submitted for the prizes.*
- **Questions?** Reach out to Becky Jobman at Gothenburg Health: bjobman@gothenburghealth.org.

You wouldn't be ashamed to tell your friends you have the flu...

so why do we stay quiet about mental health?

1 in 5 Americans lives with a mental health condition, making it more common than diabetes, asthma, arthritis, and the flu. Yet, we feel more comfortable talking about those subjects. *Why?*



If you or someone you know is in an emergency, call The National Suicide Prevention Lifeline at 800-273-TALK (8255) or call 911 immediately.

There are practical tools that everyone can use to improve their mental health and increase resiliency, and there are ways that everyone can be supportive of friends or family who are struggling. Call Gothenburg Health's Senior Life Solution's team to learn more: 308.537.1030

