MIND YOUR HEALTH

May is Mental Health Awareness Month

Despite great strides in our understanding of mental illness, and vast improvements in the dialogue surrounding it, too many still suffer in silence.

Did you know that...

- 1 in 5 American adults will have a mental health condition in any given year?
- Only 41% will receive services?
- 10% of American adults will have a mood disorder, such as depression or bipolar?
- 18% have an anxiety disorder including post-traumatic stress disorder?

Mental health conditions such as depression or anxiety, are real, common and treatable. But not all of us think about our mental health and well-being enough. We too often think about mental health differently from other forms of health.

When mind, body and spirit are in harmony, happiness is a natural state. The signs of disharmony, on the other hand, are: discomfort, pain, depression, anxiety and illness in general. Unhappiness is a form of feedback. It signals that disharmony has entered somewhere—either in mind, body or spirit.

Follow the attached calendar, throughout the month of May, to help you focus on your mental health and well-being.