

Self-Care Links

May is Mental Health Awareness Month

The National Council for Mental Wellbeing recognizes Mental Health Month, offering resources to its roughly 3,500 mental health and substance use treatment organizations.

#B4Stage4 Philosophy

We don't wait years to treat heart disease, cancer, or diabetes. Why should mental illness be any different?

I'm Sharing My Father's Story to Help End a Stigma

CNN Senior Political Commentator and host of "The Axe Files" discusses the loss of his beloved father, Joseph Axelrod.

The Worrier's Guide to Life

Cartoon Illustrator Gemma Correll laughs at anxiety.



A Funny Truth



In Need of a Different Mindset

With 1 in 5 individuals experiencing mental illness over the course of their lifetime, many of us have grown to understand, directly and indirectly, the importance of good mental health. You rarely hear, "Angela had a heart attack, but don't tell anyone." However, you might hear, "David hit a bout of depression, but don't say anything." Why? Why is our physical health any different from our mental health? There are certain foods for good brain health as there are certain foods for those who wish to lower their cholesterol or control diabetes. Exercise can help us have a healthier brain as it helps us have greater muscle strength. High blood pressure medication stabilizes individuals with that diagnosis as does a behavioral health prescription stabilizes our brain chemistry. A good state of health is just that, be it physical or mental health.

With COVID-19, physical health and mental health became intertwined. We quarantined to keep ourselves and others physically healthy, but many experienced isolation and depression with this. Job loss, financial constraints, home schooling, and simply existing without an end in sight left many of us feeling out of control, grieving for an old norm, experiencing stress and anxiety.

From this, we can learn that many of us are only one event away from having our own mental health compromised. We are all vulnerable and there is no shame in this. It is just life, just being human. Hopefully a strength will be born from the great equalizer we call pandemic. A strength of understanding, of community. The next time a friend says they feel hopeless, maybe we can tell them they might want to see a doctor as easily as we would suggest a doctor if they said they had a sore throat or chest pain.

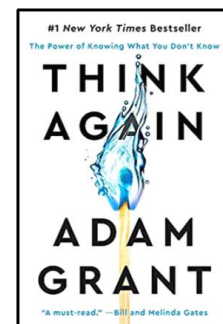
The National Alliance on Mental Illness, NAMI, has an "Ending the Silence" education series that addresses having no more secrets. Please go to [Sarah's Story](#) and [Ending the Silence](#) to help those you serve, your family, friends, or perhaps yourself.

The Winner's Corner



Hope Vunk wins this month's self-care gift card!

Book Club



How to rethink and unlearn your way through life!