

I.T.S. WELLNESS LETTER

May 2019

MENTAL HEALTH SKILL OF THE MONTH

Finding the humor in situations helps to challenge negative thoughts, mitigate emotional pain, reduce stress, and increase confidence

MAY IS MENTAL HEALTH AWARENESS MONTH!

Mental health encompasses our emotional, psychological, social, spiritual, and biological well being. There is no conversation around mental health without these factors. Our past experiences, biology, friends, family, physical health all contribute to our mental health. Positive mental health paves the way for productive lives, better coping with stress, and realizing our full potential. Check out ITS/Cumming Wellness Center's Instagram and Facebook for more about this important topic!



"In the depth of winter, I finally learned that within me there lay an invincible summer"
-Albert Camus

Minding Your Mental Health

The Mental Health Foundation suggests that to achieve and maintain good mental health one has to express feelings (in a healthy way), exercise, eat well, keep in touch with friends and loved ones, get help when you need it, take a break from time to time, engage in activities that you are good at and enjoy, accept yourself for the good person that you are, and take care of others.