## Ivy Be Well & Fit

## Mental Health Awareness Month

National Mental Health Awareness Month in May focuses on bringing tools, resources, and education to the general public.

Each year Mental Health America, National Alliance on Mental Illness, and other mental health organizations across the country organize events, webinars, and more to improve mental health access across the country.

Mental health is a hot topic. This is good news. It means the stigma for mental health issues is slowly going away. Mental health issues are finally getting the attention they deserve. Healthcare workers and individuals feel they can discuss mental health more openly. However, that doesn't mean there isn't still work to do, however.

As a whole, we often misunderstand mental health because it is hard to define. Additionally, mental health includes several areas. These areas involve one's social, emotional, and psychological well-being. Mental health affects thoughts, feelings, and actions. When one has positive mental health, they are better equipped to handle stress, be more productive, and realize their full potential.

While we focus on our physical wellbeing, the food we eat, exercise, and getting regular check-ups for vision and dental care, we often forget to take stock of our emotional and spiritual needs. Everyday demands take their toll. Taking care of our mental health is as normal as eating healthy, exercising, or even saving for the future.

## WHAT'S IN THIS MONTH'S ISSUE:

- Mental Health Awareness Month
- Paws 'N Relax
- National Bike Month, Wellness in the Park, and more!

One way to take care of your mental health is to do a mental health check in. When you're struggling mentally and physically, pause and ask yourself these questions:

- What do I need?
- Am I getting enough sleep?
- Am I eating regularly?
- Who can I talk to?
- How can I move my body?
- Do I need a break from social media?
- Am I being kind to myself and others?
- What am I feeling?

It's important to have this awareness so that you become in tune with yourself and learn to take care of your needs.

Remember, there are resources on campus to help you including the Lamkin Center in Room 238. Leah Doughty is the campus mental health counselor and her office is located there. Leah can be reached at 812-429-9883 or ldoughty5@ivytech.edu.

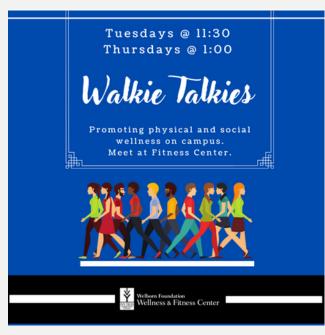
If you're feeling stressed out, remember:

- Just breathe. Try one of our <u>meditation</u> exercises or use Headspace or Calm. Also, attend Mindfulness Mondays every Monday at 11:30 in Room 142.
- Include a visit to the <u>Relaxation Lounge</u> in Room 142B to your weekly schedule. You will find a variety of tools to help you destress.
- Stop by the Koch Student Center on Tuesday, May 7 from 10:00 1:00 and 4:30 6:00 to pet and play with the therapy animals.
- Pick up a breathing exercise handout on the wellness bulletin board near the library.

Mental Health Days for Students





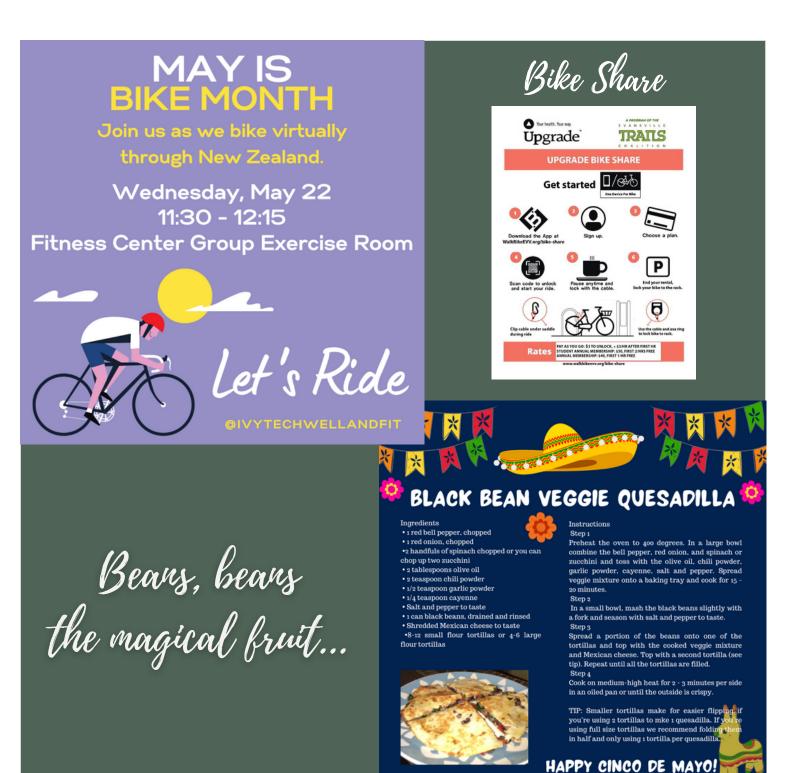


## Relax and Unwind





















FOR MORE INFO VISIT:



Solving College Student
Mental Health Crisis

May Wellness Calendar

Explore Trails & Parks

