

**MAY IS
MENTAL
HEALTH
AWARENESS
MONTH**



MENTAL HEALTH IS JUST AS IMPORTANT AS PHYSICAL HEALTH. IT AFFECTS HOW WE THINK, FEEL, AND ACT. TAKING CARE OF OUR MENTAL HEALTH IS ESSENTIAL FOR OVERALL WELL BEING



**“BE SEEN IN GREEN”
CHALLENGE**

**WEAR YOUR VABC
GREEN T-SHIRT
ON SUNDAY MAY 26TH**

WHY GREEN? GREEN IS MORE THAN JUST A COLOR — IT'S THE INTERNATIONAL SYMBOL FOR MENTAL HEALTH AWARENESS. REPRESENTING FRESH STARTS, OPTIMISM, AND ENERGY, GREEN MAKES A BRIGHT AND BOLD STATEMENT: "I CARE ABOUT MENTAL HEALTH!"



PRACTICE SELF-CARE. TAKE TIME TO DO THINGS THAT YOU ENJOY, SUCH AS READING A BOOK, TAKING A WALK, OR HAVING A RELAXING BATH. PRIORITIZING SELF-CARE CAN HELP REDUCE STRESS AND IMPROVE MOOD.



CONNECT WITH OTHERS. HAVING A SUPPORT SYSTEM IS CRUCIAL FOR GOOD MENTAL HEALTH. REACH OUT TO FRIENDS, FAMILY, OR A MENTAL HEALTH PROFESSIONAL IF YOU NEED TO TALK OR RECEIVE GUIDANCE.

We live in a rapidly changing world that can be complex to navigate. About half of Americans can remember a time when we were not constantly connected and it was easier to tune out the noise of the world, while the younger half of the population can't imagine life without the internet.

Modern life can have a significant impact on mental health – for better or for worse. The disturbing imagery in the media we are exposed to today can be deeply unsettling. At the same time, our current technology also allows us to mobilize and provide collective support more efficiently in times of natural disasters or injustice.

And ironically, while our devices make us more connected than ever, loneliness is an increasingly serious public health concern. We are now able to have conversations with friends and family on the other side of the world in real time. However, constant connection also means that we will know if we weren't invited to a friend's party down the street.

Recent survey data show that **more than half of U.S. adults (58%) are lonely.**

Finding a sense of calm and focusing on well-being when you are having mental health concerns can be daunting in our fast-paced society. It can be especially challenging to know where to start.

May is Mental Health Month and Vermont Avenue Baptist Church is raising awareness of the important role mental health plays in our lives. We are encouraging members and our community to take action toward protecting their mental health and overall well-being.

This May, VABC will focus on helping members and the community to:

- LEARN how modern life affects mental health with new resources to navigate our changing world.
- ACT by building a coping toolbox to manage stress, difficult emotions, and challenging situations.
- ADVOCATE to improve mental health for themselves, the ones they love, and their community.

Mental Health America has created information to help individuals figure out where to start. They provide free, practical resources for addressing mental health.

<https://mhanational.org/MentalHealthInfo>

If you think you may be experiencing symptoms of a mental health condition and are unsure of where to start, take a free, private mental health test at :

mhascreening.org to determine next steps.

It's important to remember that working on your mental health takes time. Change won't happen overnight. Instead, by focusing on small changes, you can move through the stressors of modern life and develop long-term strategies to support yourself – and others – on an ongoing basis.