

May 2013

Health Topic

Sturgeon Bay United Methodist Church
Carol Moellenberndt, parish nurse

May is Mental Health Awareness Month

TOOLS FOR LIVING YOUR LIFE WELL By Mental Health America

May is Mental Health Awareness Month. As I was researching the topic I found this website from "Mental Health America". On that site was a list of ten tools towards living your life well. I thought they would be worth sharing with you. This information is shared with the website's permission.

Live Your Life Well is a website designed to help you cope better with stress and create more of the life you want. These are the Ten Tools:

1. **Connect With Others** 71% of people surveyed turned to friends or family in times of stress. Humans are social animals: We crave feeling supported, valued and connected. Research points to the benefits of social connection:

Increased happiness, better health, and a longer life. It helps to reach out to others and join a group. (how about one of our groups at church?)

2. **Stay Positive** Thinking negatively can drag down our moods, our actions and even our health.

3. **Get Physically Active** Exercise matters for your physical health and your mood, too. Exercise decreases stress, anger and tension. It reduces anxiety and depression and offers a greater sense of well-being. It does this by relieving pent-up muscle tension, burning off stress hormones and increasing blood flow to the brain. For mental health benefits try to get

30 -60 minutes of aerobic exercise 3 to 5 times/ week.

4. **Get Enough Sleep** Nearly two-thirds of Americans say they lose sleep because of stress. That's especially unfortunate because sleep combats some of the fallout of stress, and poor sleep has been linked to significant problems, including: greater risk of depression and anxiety, impaired memory, reduced immune system functioning and greater likelihood of accidents. Experts suggest that adults get seven to nine hours of sleep a night.

5. **Help Others** If you lug your elderly neighbor's groceries up her steps, clearly it's good for her. But did you know that it's likely good for you too? Research indicates that those who consistently help other people experience less depression, greater calm, fewer pains and better health.

6. **Create Joy and Satisfaction** Chances are you simply deserve some joy and satisfaction. Experts say good feelings can boost your ability to bounce back from stress, solve problems, think flexibly and even fight disease. Laughing decreases pain, positive emotions can decrease stress hormones and build emotional strength. Find a way to have a good time!

7. **Eat Well** Among other benefits, good food can: boost your energy, provide fuel to your brain, counteract the impact of stress on your body and affect mood-related chemicals.



"I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit."
Ephesians 3:16

Health News Notes

- **Parish Nurse hours** 10am-2pm Thursdays. I will be gone May30th
- **Blood Pressure checks** Sunday May 5th
- **Parkinson Support Group** Thursday May 2nd Research in Parkinson Disease". Jay Blankenship from the Wisconsin Parkinson Association, speaker.
- Mark your calendars for a Health Program on Thursday May 9th at 6:30 pm. **"What is Healing Touch?"** will be the topic

Health Program
"What is
Healing Touch?"
May 9th
6:30pm
Church Lounge
-Jennelle Berg-

8. **Take Care of Your Spirit** Spirituality offers many possible benefits including better mood, less anxiety and depression - and even fewer aches and illnesses. Try to find some time each day to think about who you are and want to be in the world. Figuring out what's really important to you can make daily irritants and stresses feel like less of a burden.

9. **Deal Better with Hard Times** Write it out - If you've suffered an upsetting event, writing about it can actually make you feel better. That's in part because writing organizes your thoughts, which makes the experience feels less chaotic. Writing also can offer you an emotional release, insight into yourself and the feeling that you can file the problem away.

10. **Get Professional Help If You Need It** If the problems in your life are stopping you from functioning well, professional help can make a big difference. It can be a sign of great strength to take steps toward getting your life back on track.

In this month of May, take some time to think about your mental health. Try something new to take care of this important part of who you are!