

HDHeartbeat

A Health Designs Newsletter



Breaking the Stigma: Why Mental Health Matters

Mental health is defined as a state of well-being that enables us to cope with the stresses of life, lean into our own abilities, learn and work well, and contribute to our overall community. It encompasses our emotional, psychological, and social well-being. Mental health goes beyond just the absence of mental health conditions; it is a continuum influenced by our well-being and ability to strive. Mental health matters in the following ways:

- Improving mental health can boost our mood and motivation to devote time to take care of ourselves.
- When our mental health flourishes, we can see the brain fog fade away, making it easier for us to concentrate and focus on what matters most like those important doctor's visits or cherished time with friends and family.
- When our mental health is cared for we are able to better cope with stress, manage our emotions, and build relationships.
- Mental health is linked to our physical health including mindful movement, quality sleep, and balanced nutrition.

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Tips to Boost Your Mental Well-Being Every Day

A good foundation of mental well-being involves a strong self-care practice. Self care isn't just bubble baths; its a conscious and preventative practice to boost your mental well-being. Consider adding some of the following to your self-care toolkit.

- Whether its a large chunk or broken into smaller, manageable sessions, mindful movement can boost mood and clear your mind.
- Recharge through nutrient-dense snacks and meals that will keep you fuller for longer.
- Stay hydrated throughout the day to help your cells function and help that nutrient-dense blood move through the body.
- Prioritize your sleep with a good bedtime routine to help facilitate restorative sleep.
- Incorporate relaxation into your routine through mindfulness or meditation.
- Keep in touch with your support network of trusted friends and family.
- Organize your tasks to see what needs your attention.
- Challenge your negative thinking with the power of positivity.
- Cultivate gratitude to boost your mood and adjust your perspective.
- When all else fails, practice deep breathing to ground and re-center yourself.

HD MONTHLY CHALLENGE

We challenge you to take your part to break the stigma surrounding mental health and well-being. Take some time to check in with a friend, family member, or yourself.

No Bake Energy Balls

- 1 cup rolled oats
- ½ cup nut butter of your choice
- ¼ cup honey or maple syrup
- 2 tbsp chia seeds
- 1 tsp vanilla extract
- ¼ cup of mix-ins of your choice: chopped nuts of your choice, cocoa powder, coconut, dried fruits, chocolate chips. Adjust amount as needed.



1. In large bowl, mix the base by combining rolled oats, nut butter, honey or maple syrup, chia seeds, and vanilla extract. Stir thoroughly until ingredients evenly distributed.
2. Customize flavor by adding desired mix-ins. Separate the base mixture if you wish to make a variety of flavors to choose from throughout the week.
3. Roll the final mixture into balls and place on parchment-lined sheet pan. Chill in refrigerator for at least 30 minutes until they have set.
4. Enjoy right away or store them in airtight container for up to a week!

Resources for Mental Health Support You Should Know

You don't need to do this alone. There are resources available to help guide you on your mental health and well-being journey. The following are just some of the national resources available to those seeking guidance. You can always check in with your local health department to see what resources are available to you!

- [988 Suicide and Crisis lifeline.](#) If you or someone you know is struggling with their mental health, call or text 988 for confidential and free help available 24/7/365. This line will also reroute your call by your phone's area code to the nearest crisis center.
- [Maternal Mental Health.](#) Call or text 1-833-TLC-MAMA if you are pregnant or just had a baby and are in need of mental health support.
- [Veteran's Crisis line.](#) Available to all veterans and active-duty military service members, dial 988 and press option 1 to speak to a dedicated Veterans Affairs responder. You do not need to be enrolled in VA benefits to connect to a responder.
- [Mental and Substance Use Disorder Treatment and Support](#) offers confidential and anonymous support to those who are seeking treatment for mental and substance use disorders. Those seeking help can also call 1-800-662-HELP or text their 5 digit zip code to 435748 and reply HELP to reach an information specialist.
- Find support groups through [SAMHSA](#) or [NAMI](#).
- [Basic needs](#) through the 211 website can help those finding food or paying for housing or other essential services.

MENTAL HEALTH AWARENESS: HOW TO SPOT SIGNS OF STRESS, ANXIETY, AND DEPRESSION

We've discussed the benefits of supported mental health and well-being, tips to boost that mental health and well-being, and even shared resources for those who need it. But are there any signs to be on the look out for? Click the icon below to head over to our blog post to spot the signs of stress, anxiety, and depression.

