

Thrive Through Wellness

NATIONAL MENTAL HEALTH
MONTH 2022

orkbook. Mental Health



#TOGETHER4MH



Why "Thrive Through Wellness"?

THE IMPORTANCE OF STANDING TOGETHER FOR MENTAL HEALTH AWARENESS



Throughout the pandemic and countless acts of social injustice, we have faced isolation, turmoil, and unrest. If there is anything we've learned through these experiences is that struggle is part of our shared human experience and in our struggle, we all deserve support and access to proper mental health care so we can thrive. This is why we are recognizing National Mental Health Awareness Month.

Mental Health Awareness Month provides the opportunity to shine a light on mental health symptoms, struggles, stories, and the resources for hope and healing. The more we share our experiences, the more mental health stigma we can deconstruct, empowering ourselves and others to get the care we need.

Through SAFFP's Thrive Through Wellness campaign and our partnership with NAMI's Together for Mental Health campaign, we are able to offer a wide variety of mental wellness resources located inside this book. If you or a loved one is struggling with mental health symptoms we hope you find some hope and healing in these pages.

Share Your Thrive Story

WHY SHARING OUR STORIES CAN HELP US AND OTHERS

Sharing our stories helps us find common ground with other people, but sharing can feel vulnerable- especially when it comes to mental health. This is why it's important to remember that what we have to share could be life changing for someone else. By sharing and receiving each others' stories we realize that we are not alone. This is particularly important with mental health struggles because they can feel so isolating.

This May, SAFFP invites you to tell a little about your story. Grab a THRIVE card at the Front Desk, online at standrewsfitness.com, or inside any of our studios. When you're finished, submit it back to the Front Desk. Your responses will be posted in SAFFP's front lobby!

_____ **IS THRIVING THROUGH WELLNESS!**

SOMETHING THAT LIFTS MY MOOD:

SOMEONE THAT INSPIRES ME:

ONE REASON I'M PROUD OF MYSELF:

WHAT I WANT SOMEONE ELSE TO KNOW TO HELP THEM THRIVE:

Fill out this card with your full name and be entered into a drawing for an 8 pack of 30 minute personal training sessions!

Share on social!



standrewsparks

5 Ways to Participate in Mental Health Awareness Month

GET INVOLVED WITH MENTAL HEALTH

1. **Share your Story!** One of the best ways to beat the stigma surrounding mental health is to remind others that they are not alone by sharing your own story with mental health.
2. **Educate Yourself on Mental Health.** This might include learning new self-care techniques to help with your own mental health, or challenging your current beliefs surrounding mental health with more education.
3. **Support future mental health legislation.** Sign the National Alliance on Mental Illness's (NAMI) petition that is dedicated to helping improve mental health care. Visit nami.org/act4mh to sign today.
4. **Volunteer for a Mental Health Cause.** Many local and national mental health nonprofits need volunteers to fill all sorts of roles!
5. **Participate in SAFFP's and/or NAMI's Awareness Campaigns.** Both campaigns will feature shareable information on their social media channels that you can help spread to others. You can also help give away these workbooks throughout our community. If you choose to share on social, make sure to use the hashtags: #MentalHealthAwareness, #Together4MH, and #ThriveThruWellness

Strategies to Protect Your Mental Health

MAKE YOUR MENTAL HEALTH A PRIORITY

1. **Treat Yourself with Kindness and Respect.** Fill your head and body with positive, encouraging words and activities that help you feel fulfilled.
2. **Take Care of Yourself Physically.** Drinking plenty of water, enjoying balanced meals, exercising regularly, and getting quality sleep all can have a profoundly positive effect on your mental health. Don't stress about trying to manage all of these things daily. Take it one step at a time.
3. **Spend time with positive, supportive people.** Join support groups, get involved in a volunteer setting, or connect with safe friends and family.
4. **Find ways to give.** Donating your time, money, skills, etc. can give you quite the mood boost.
5. **Regularly engage in mindfulness activities.** Meditating, praying, walking, doodling, and even journaling can all be considered mindfulness activities because they require you to be fully present with your emotions, thoughts, and feelings. Regularly engaging in these activities helps with reactivity to daily stressors by calming the mind.
6. **Avoid using alcohol, drugs, and food for emotional coping.** These substances can all provide temporary relief to everyday problems and anxieties but, over time it will leave you feeling worse. Keep alcoholic beverages to a minimum, avoid drugs altogether, and be gentle (but firm) with yourself when you feel like you're sliding into a junk-food binge because of a bad day.
7. **Don't be afraid or ashamed to ask for help!**

Getting the Most Out of Your Mental Health Habit Tracker

Research shows that keeping track of your daily habits is a great way to understand how these things might be affecting your mental health.

The SAFFP 18 Day Mental Health Tracker is designed to help you focus in on 6 major daily habits:

1. Sleep
2. Hydration
3. Movement
4. Nutrition
5. Self-Talk
6. Stress

Every day, for 18 days, you will track how you feel about each of the six habits. For example, imagine you're filling this out at the end of a busy day: You tossed and turned throughout the whole previous night, so you fill in the square for "low" next to **Sleep**. Things get really busy throughout the day and you only drink about half the amount of water you need, so you fill in the square for "medium" next to **Hydration**. You were able to stretch for 10 minutes after you woke up, so you fill in the square for "high" next to **Movement**. You were able to keep yourself properly fueled through the day with snacks and made a wholesome dinner with your kids when everyone got home, so you fill in the square for "high" next to **Nutrition**. You made some mistakes at work and noticed that you were beating yourself up for that, so you fill in the square for "medium" next to **Self-Talk**. Finally, despite it being a busy day, you notice at the end of it your overall stress level isn't too intense, so you fill in "medium" for **Stress**.

This tracker is also a helpful mindfulness tool because it asks you to regularly check-in with yourself about routine things that you might ordinarily take for granted.

If you have questions about how to use your Mental Health Tracker, or about anything else in this workbook, please contact our Fitness Department by visiting www.standrewspark.info/personal-training-1 and filling out the online questionnaire. You can also call **843-518-6635**.