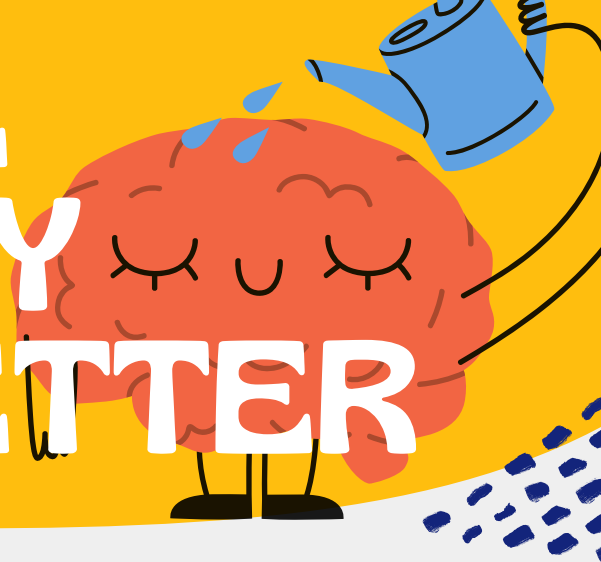




MENTAL HEALTHY NEWSLETTER



As mental health issues among individuals continue to rise year by year, month by month, and day by day, so do topics around ending the stigma on mental health. The *Mental Healthy Newsletter* focuses on raising awareness surrounding mental health and decreasing the stigma on campus.

LOOK FORWARD TO:

- ✓ Education, information, and resources about mental illness
- ✓ Tips on mental health and wellness
- ✓ A dose of inspiration and positive affirmations to get you through

Approximately half of the population in the United States will meet the criteria for a diagnosable mental health condition at some point in their lives (MHA, 2022).

In a constantly evolving world, it can be challenging to cope with the various changes and obstacles that come our way. When faced with overwhelming changes, feelings of anxiety, depression, or being 'stuck' are common due to significant life transitions (such as transitioning post-college, job pressures, and uncertainties about the future). Major life changes can cause stress, even if the change is positive, because change requires us to adapt. Despite the weight of the world, prioritizing mental health, just like physical health, is a priority.

Let's go back to the basics and find where to start!

Each month the topic will focus on something different, providing you with up-to-date information and resources within the mental health field. If you have a specific topic or issue surrounding mental health that you would like to see here, please send an email to Kaisha Yeager at kyeager@fpc.tx.edu.



Mental
Healthy
A newsletter



May 2024



BE SEEN IN GREEN CHALLENGE MAY 1–MAY 31ST, 2024



WEAR GREEN AND SUPPORT MENTAL HEALTH AWARENESS!

Did you know that 1 in 5 Americans will experience a diagnosable mental health condition this year? By joining the “Be Seen in Green” challenge during Mental Health Month this May, you’re not just wearing a color, you’re shining a light of hope and support on mental health for millions.

Aiming to educate Americans about mental health and mental health conditions, Mental Health Month was started in 1949 by Mental Health America. Over the years, we’ve engaged millions in our mission through media, events, resources, and screenings. This tradition continues with a vibrant display of solidarity: wearing green to symbolize our collective commitment to mental well-being.

Why wear green?

As the official color for mental health awareness, green represents renewal, hope, and vitality. Wearing green, whether it’s a complete outfit, a simple green awareness bracelet, or lighting up your building, symbolizes unwavering support for mental health. Participating in this challenge sends a powerful message: Mental health is important, and by joining together, we are advocating for and supporting mental health.

Our objective

This year, we aim to have 300 individuals to take on this challenge and raise vital dollars for Mental Health America. Mental Health America relies on these funds to advance its mission through education, direct services, research, policy, and advocacy. By participating, you’ll help fuel our vision of a world in which all people and communities have equitable opportunities for mental well-being and are able to flourish and live with purpose and meaning. Every dollar raised helps to ensure that our work never stops and that our resources remain accessible to everyone, everywhere.

FINDING HELP: HOW DO YOU KNOW?

We all experience ups and downs in our physical health, like feeling a little sore, tired, or sniffly. Like physical health, mental health is the same way. Instead of looking for physical symptoms, like a runny nose or an upset stomach, you look at your **thoughts, feelings, and behaviors**. You know you're "sick" when you notice that:

Changes are new. Your experiences are different from what you're used to in life. Maybe you felt anxious, sad, or fearful before, but now it feels more intense than what you're used to.



The changes get in the way of **normal living**. Things that are normally easy now feel a lot more difficult. It might be tough to attend school or work, or maybe it stops you from socializing or doing the things that you love.

Things are not getting better. Just like a cold – things might go away in a few days. If you try to make changes and things don't improve, it's a good sign to seek professional help.



FINDING HELP: WHAT DO YOU DO?

If you think you might be struggling, there are a few different things you can do.

Take a mental health assessment online to quickly identify if your symptoms are related to a mental health condition.

[CLICK HERE](#)



Talk to someone you trust about what you are experiencing. A friend or a family member is a great start, or talk to your doctor about a referral.



Build your coping toolbox so you can manage stress, difficult emotions, and challenging situations.



- [DIY Tools](#)
- [Dealing With Change](#)
- [Keeping your mind grounded](#)

Tips for Processing Big Change



Focus on what you can control. Accept the change that you're experiencing and then focus on what you can control within that.



Find support. You may be able to talk to friends or family, find an online support group, or open up to a mental health professional.



Acknowledge your strengths. Remind yourself that you are strong and capable (and that you've made it through some tough changes in the past).