CARING FOR YOUR MENTAL WELLBEING

May is Mental Health Awareness Month, a time dedicated to raising awareness, providing support, and promoting understanding about mental health challenges and the importance of mental well-being.

Mental wellbeing doesn't have one set meaning. We might use it to talk about how we feel, how well we're coping with daily life or what feels possible in that moment. Good mental wellbeing doesn't mean that you are always happy or that you're unaffected by your experience. It doesn't always mean you may not be facing mental health issues. You may live with a mental health problem but have good wellbeing; or you might not have a mental health problem but be struggling with your wellbeing.

Take action this month in improving your mental wellbeing by following these simple steps:

Aim to:

Relax and reduce stress
Try to think about what might help you to relax. If there's something that helps you, try to find time to fit it into your day. For example, this could be having a bath or shower. Go for a walk or listen to music.

Take a break
If you're feeling overwhelmed by a stressful situation, try to take a break. A change of scene may help you to relax and relieve feelings of distress, even just for a few minutes.

Do something you enjoy
Try to make time to do an activity you like on a regular basis. This could be cooking a meal, getting in touch with a friend or watching TV.

Focus on the present
Practice mindfulness by paying attention to the present moment and your senses while doing things you do each day, for example, while washing up or eating. Focusing on the present can help you become more aware of your thoughts and feelings. Rather than being overwhelmed by your feelings, it may become easier to manage them.

For more tips on caring for your mental wellbeing, visit:
https://www.thenationalcouncil.org/mental-health-awareness-month/

County of Morris
Department of Law & Public Safety
Division of Public Health
P.O. Box 900
Morristown, NJ 07963-0900
(973) 631-5184

Public Health
Prevent. Promote. Protect.