

Mental Health Awareness Month



Mental health plays a big role in overall well-being. We can incorporate positive habits as a way to support our own mental wellness and lead a healthy life.

Each week during Mental Health Awareness Month participate in weekly activities aimed to enhance overall wellness for a chance to win a \$100 Visa gift card and prize package.

MAY 2-8

Quality foods

Eating nutritious traditional foods helps keep your body, spirit and mind healthy. Traditional foods have nutrients like Vitamins B, D and Omega-3 fats that play important roles in brain function and immunity.

AIM TO:

- » Incorporate foods rich in Vitamin B and Vitamin D into your diet.
- » Eat foods rich in Omega-3 fats 2-3 times per week as recommended by experts.

MAY 9-15

Quality sleep

Sleep plays a role in our moods, ability to learn, make memories, organ health, immune system and other body functions. Quality sleep matters, not just how many hours we get.

AIM TO:

- » Be asleep for 85% of the time you are in bed.
- » Fall asleep in under 30 minutes.
- » Wake up no more than once per night for no longer than 20 minutes.

MAY 16-22

Coping toolbox

Coping skills help us deal with difficult situations and emotions. Traditional activities, like hunting, song and dance and even using humor are all ways our ancestors taught us to cope with difficult situations.

AIM TO:

- » Create a list of the tools you have in your toolbox.
- » Add one or two new tools/skills to your toolbox.

MAY 23-31

Support system

Having people in your life that you relate to and lean on goes a long way in improving your mood and overall well-being. We are social beings, we are wired to seek connection.

AIM TO:

- » Create a list of the people you can lean on and your support resources.
- » Build or grow your support system.

Scan the QR code with your mobile phone to visit anthc.org/mentalhealthawareness to learn more and enter to win



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