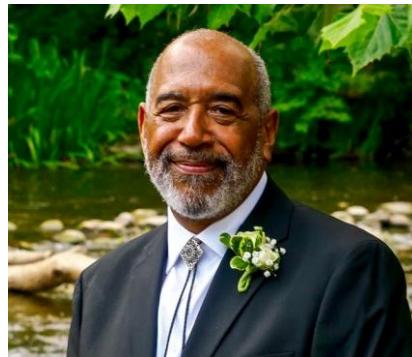


Honor Mental Wellness Month with Small, Steady Steps

By Mark T. Williams, BSN, RN-BC



January is Mental Wellness Month—a time to reflect on the practices that support our emotional and psychological health. Whether you're looking to boost daily well-being or strengthen your recovery journey, consider starting with these small, actionable steps:

1. **Give yourself five minutes.** Each day, find just five minutes for you—to breathe deeply, write down what's on your mind, or simply sit quietly. It's a small pause that can help quiet the noise, clear your head, and bring you back to the present moment.
2. **Celebrate small steps.** Instead of a distant finish line, think about the next small, kind thing you can do for yourself. Maybe it's a short walk this week or simply showing up for your next support session. These gentle goals give our days a little structure and a lot of meaning.
3. **Lean on your people.** We all need connection. Send that text you've been thinking about, call a family member, or share what's real with a friend. Letting others in is one of the most powerful ways to feel supported.
4. **Move and nourish your body gently.** Listen to what your body needs - a stretch, a brisk walk, a crunchy apple, or a comforting meal. Small choices to move and eat well send a loving message to your whole self, boosting your energy and mood bit by bit.
5. **It's okay to ask for help.** If things feel heavy or you're on a healing journey, you don't have to walk it alone. Reaching out to a counselor or joining a supportive program is a sign of strength. It can be the turning point toward feeling like yourself again.

This January - and every month - let's take small steps toward greater mental wellness. Together, we can create a stronger, healthier community.

Bridgeway Behavioral Health Services is here to support you. Reach out to learn more about our counseling, recovery programs, and wellness resources.

- Your friends at Bridgeway BHS