

MAKING IT THROUGH

Mental Wellness | Updates | Events

Social Media Content

Visit our social platforms to discover excerpts from episodes exploring the nature of mental health. It's crucial for us to spotlight and acknowledge these shows because representation is vital. Mental health has transitioned from a taboo topic to a national crisis. We extend heartfelt appreciation to our community leaders, mental health advocates, doctors, and creatives for producing such impactful content that resonates with audiences worldwide. The Making It Through team sincerely thanks you for your dedication to raising awareness and dismantling the stigma surrounding mental health. Explore our content; you may discover something that deeply resonates with you.

Connect with us on social media!

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Resources

In Crisis Call or Text 988 or chat 988lifeline.org

Not in Crisis but need to talk? Find a warm line: <https://warmline.org/warmdir.html#directory>

Is the concept of taking care of your mental health overrated? As we observe Mental Health Awareness Month, let's explore this topic:

Mental health awareness is the time dedicated to raising awareness and promoting understanding of mental health issues.

The Center for Disease Control and Prevention (CDC) defines mental health as: "Mental health includes our emotional, psychological, and social well-being. It influences our thoughts, feelings, and actions; It determines our ability to cope with stress, connect with others, and make healthy choices."

According to an article in Forbes Health's "Mental Health Statistics and Facts," young adults between the ages of 18-25 in the U.S. have the highest rate of experiencing any mental health concerns (33.7%) compared to adults ages 26 to 49 and the highest rate of serious mental illness.

On a personal level, how do you nurture your emotional, social, and psychological well-being? We all encounter moments when stress levels rise. These situations could be triggered by the loss of a loved one, a severe illness, a change in location, or challenges in work, school and relationships. Such situations cause responses that can impact our thoughts, such as "*things will never be the same*," "*I won't recover from this*," or "*I'll always be alone*." They may also manifest physically, leading to sleep problems, decreased energy, and bodily aches and pains. Ultimately, our behaviors may be affected as well, causing us to isolate ourselves, avoid activities we typically enjoy, or experience angry outbursts. These circumstances contribute to mental distress and can impede our daily functioning.

When you notice these triggers or signs, how can you ensure you are taking the steps toward mental wellness to navigate the emotional, psychological, and social impacts of mental distress.

Let's explore three practical steps:

- **Acknowledge that you may need some tools and support.**
- **Practice self-care, including exercise, deep breathing, progressive relaxation, and other mindfulness techniques.**
- **Seek guidance from a professional who specializes in providing support for mental health.**



Frequently Asked Questions

Q: When should I seek help for my Mental Health?

A: Seek professional help if you are experiencing severe or distressing symptoms that have lasted 2 weeks or more, such as:

- Difficulty sleeping
- Changes in appetite or unplanned weight changes
- Difficulty getting out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Inability to complete usual tasks and activities
- Feelings of irritability, frustration, or restlessness

Q: How Can I Find Help for My Mental Health or where do I start?

A: If you have concerns about your mental health, talk to a primary care provider. They can refer you to a qualified mental health professional, such as a psychologist, psychiatrist, or clinical social worker, who can help you figure out the next steps.

Finally, consider this in a more logical and practical manner. Every year, we are encouraged to undergo a physical or annual check-up with our healthcare provider or follow maintenance health practices. This is to ensure that we maintain optimal physical health and receive necessary attention for any physical conditions. Similarly, it is crucial to normalize the importance of our mental health in the same manner, in order to experience optimal mental well-being. In doing so, we can dispel misconceptions about mental health and minimize the number of people suffering in silence with untreated conditions.

Just for fun! Mental Health Awareness month word search:

S	C	R	E	A	T	I	V	I	T	Y	S	R	R	
E	X	E	R	C	I	S	E	D	R	G	O	N	N	
U	T	E	F	E	R	U	T	C	U	R	T	S	G	
C	T	S	Y	T	E	I	R	B	O	S	R	N	N	
I	A	L	E	T	R	G	R	O	U	P	S	C	D	
A	M	E	D	I	C	A	T	I	O	N	T	G	I	
M	G	E	T	G	N	I	N	R	A	E	L	T	T	
U	E	P	S	D	N	E	I	R	F	N	A	M	I	
S	O	T	I	N	O	I	T	A	T	I	D	E	M	
I	S	C	R	A	F	T	S	U	P	P	O	R	T	
C	N	A	T	U	R	E	S	D	N	C	T	R	R	
N	T	E	N	I	T	U	O	R	O	E	R	N	A	
U	E	B	M	T	E	D	U	T	I	T	A	R	G	

- NATURE
- FRIENDS
- EXERCISE
- NAMI
- GRATITUDE
- CREATIVITY
- MUSIC
- STRUCTURE
- MEDITATION
- SOBRIETY
- MEDICATION
- ROUTINE
- SUPPORT
- BALANCED EATING
- GROUPS
- LEARNING
- ART
- SLEEP
- CRAFTS

If you find all of the words send a picture of the completed puzzle to makingitthrough.org with your email address and you will receive a prize!

