

The Wellness Corner

May is Mental Health Awareness Month!

Confidential
Help for
Alcohol and
Drugs, Inc.



Check out CHAD and DFCC's
new websites above.



Resources and Contact Information

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5 Ways to Celebrate Mental Health Awareness Month

- Start a Conversation
- Prioritize Your Mental Health
- Donate or Volunteer
- Share Information
- Let Someone Know That They're Not Alone

[Click here to learn more about these 5 ways to celebrate Mental Health Awareness Month](#)

A good sleep promotes improved mental health and well-being. Check out [Sleep Sounds](#) free downloadable app to assist with a more restful nighttime sleep.

Around a third of parents still worry that they will look like a bad mother or father if their child has a mental health problem. Parenting is hard enough without letting prejudices stop us from asking for the help we need for ourselves and our children.

-KATE MIDDLETON

@CenteredParent

5 TIPS TO HELP TEENS COPE WITH STRESS

GET SOME SLEEP



Getting enough sleep helps you grow and develop normally, pay attention throughout the day, and maintain overall health. For teens, this means about **8-10 hours each night**.



FOCUS ON YOUR STRENGTHS



Take time to **think about what you're good at** and ways to do more of those things. By focusing on and building your strengths, you can keep your stressors in perspective.



DO THINGS THAT MAKE YOU HAPPY



Find activities or hobbies that make you happy and incorporate them into your daily life.



ENGAGE IN PHYSICAL ACTIVITY



Exercise takes our mind off stress and releases chemicals in our brain that make us feel better. This can be anything from a stroll in the park, to a downhill bike ride or basketball game with friends.



TALK TO SOMEONE



It can be hard to manage stress alone. Talk to a parent, teacher or other trusted adult about your problems and they may be able to help you find **ways to manage your stress**.



[MHFA.org/teens](https://www.mhfa.org/teens)