MENTAL HEALTH MATTERS

Mental health—your mental and emotional well-being—can change over time due to factors like workload, stress and work-life balance. Observed every May, **Mental Health Awareness Month** is a time to join together to fight stigma and provide support for people with mental illness and their families.
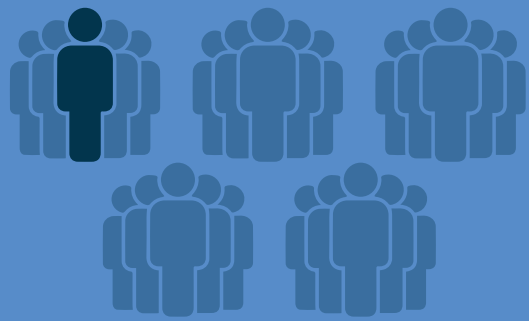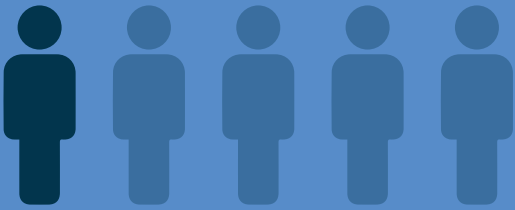
Mental illnesses are some of the most common health conditions in the United States.

MORE THAN 50% OF THE POPULATION WILL BE DIAGNOSED WITH A MENTAL ILLNESS AT SOME POINT.

**1 in 5** will experience a mental illness in a given year.

1 in 25 lives with a serious mental illness (e.g., schizophrenia, bipolar disorder or major depression).

Although the pandemic's mental burden has been challenging, it has enabled more transparency and empathy around mental health. Your overall well-being is connected to your mental health, so here are some strategies to help you thrive:

Create healthy routines. Healthy routines include eating a nutrient-rich diet, exercising and getting enough sleep. Start with small changes.
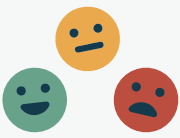
Own your feelings. It can be easy to get caught up in emotions as you're feeling them. Taking the time to identify what you're feeling can help you better cope with challenging situations.

Connect with others. Connections help enrich your life and power you through the tough times. Connect with and lean on your support group, whether in person or virtually.

Cultivate gratitude. Practicing gratitude is linked to improved mental health. Consider keeping a gratitude journal, meditating or making a point to thank people in your life.

Remember that you're not alone. If you have concerns about your mental health, reach out to a doctor or use the **Substance Abuse and Mental Health Services Administration's (SAMHSA) National Helpline by calling 800-662-HELP (4357).**