



# WHAT ARE YOU DOING TO BOOST YOUR MENTAL HEALTH?

May is **Mental Health Awareness Month**, a time to remind us to practice daily habits to improve the way we think, feel and act. We all have good days and bad. Some may have struggles that no one else can see. You are not alone. Be part of the **Green Light Campaign** to spread awareness and stop the stigma. Here is one way to let your light shine.



Doing something that is positive for your mental, physical and emotional wellbeing is a form of self-care. This is a great way to relieve stress, boost your confidence, energize and connect with self or others.

**All you need is 15 minutes and a plan.** Here are a few examples and I am sure you can think of many more. Find something that is right for **YOU!**

1. Read-Learn about something
2. Exercise
3. Talk to a friend
4. Create art
5. Practice mindfulness
6. Go outside
7. Create a cheerful space
8. Curl up for a nap with a pet
9. Dance, sing
10. Hydrate and refuel



## Self-Care Contest

**Email a picture or tip about practicing self-care to**

**[Larissa.kimmel@cmpsystemsofcare.org](mailto:Larissa.kimmel@cmpsystemsofcare.org)**

**by May 28th. Please include your name and phone number.**

**Participate for a chance to WIN a \$50 WALMART Gift Card!**

**Sponsored by:**

**Carbon Monroe Pike  
System of Care**



**If you or someone you know has questions about mental health,**

**please call 1-800-338-6467 Carbon Monroe Pike Mental Health and Developmental Services**