

TOTAL WELLBEING NEWSLETTER

eni  MAY
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MENTAL HEALTH AWARENESS MONTH

by nationaltoday.com

Mental health is wealth, especially during Mental Health Awareness Month, which is celebrated in May. The stigma around mental health and treatment has long existed, even though this has started to change.



Still, people hesitate to seek help or even talk about it with their loved ones for fear of being judged and facing unnecessary backlash. Simple logic dictates that if we are hurt anywhere, we must seek treatment to get better. This applies to both our mental- and physical well-being. While Mental Health Awareness Month is celebrated in the U.S., a more universal day is also celebrated by the WHO on October 10, and it is known as World Mental Health Day.

How to Observe Mental Health Awareness Month

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This is the secret to life; to be completely engaged with what you are doing in the here and now. And instead of calling it work. Realize it's play.

- Alan Watts

Quotes sourced from Self By Design



Book of the Month Recommendation

Healing: Our Path from Mental Illness to Mental Health

by
by Thomas Insel MD

But Dr. Insel also found that we do have approaches that work, both in the U.S. and globally. Mental illnesses are medical problems, but he discovers that the cures for the crisis are not just medical, but social. This path to healing, built upon what he calls the three Ps (people, place, and purpose), is more straightforward than we might imagine. Dr. Insel offers a comprehensive plan for our failing system and for families trying to discern the way forward.

1. Take care of yourself

Life has numerous ups and downs. Some are solvable but others not so much. When your mental health acts up, seek the right treatment and make yourself better because, after all, life has much more to offer than just pain and suffering.

2. Take care of your loved ones

Check up on your friends and family. Many times, all people need is a shoulder to cry on and/or an ear to listen. Support and encourage them if they are being treated for any mental problems.

3. Talk about mental health

One of the best ways to celebrate Mental Health Awareness Month is by talking about it with your peers. The more you talk about it, the more normalized it will become. This is one of the aims of the month as the stigma attached to mental health has led to countless delays in treatment AND research on the matter.

Why We Love Mental Health Awareness Month

1. It's a celebration of mental health

The only way to enjoy life to the fullest and experience all its wonders is if we take care of ourselves, mentally and physically. Don't shy away from talking about what's plaguing you because it might not be your fault, no matter how much society tells you otherwise.

2. It's a celebration of changing attitudes

We have come a long way from the times when mental patients were treated as outcasts, not only by their loved ones but also by medical professionals. Times have started changing and more and more people are changing their outlook on mental illnesses. However, we still have a long way to go.

3. It's a celebration of humans

We humans are a set of meticulously-put-together details. Our minds (and bodies) work in harmony to bring us amazing feats in technology, science, humanities, literature, etc. Our mental power, therefore, needs to be taken care of for a better tomorrow for the coming generations.

For more information or advice, contact eni online at:

www.eniweb.com

5 Facts About Anxiety Disorder

1. Anxiety most common

In the U.S., anxiety disorder is the most common form of mental illness.

2. Very few people seek treatment

Anxiety disorder is treatable in many cases but only about 36% of people opt to get help.

3. Multiple factors cause anxiety

From brain activities to genetics to life events, a host of factors can lead to a person developing an anxiety disorder.

4. Anxiety from a young age

The National Institute of Mental Health states that 8% of American teenagers already have an anxiety disorder.

5. Exercise to fight anxiety

Many studies have proven that a little boost of energy from exercise can help lessen the effects of anxiety disorder.