

MAY IS MENTAL HEALTH MONTH

REST

If you don't get enough sleep, you may notice wake up feeling:

- groggy
- not well rested
- experience difficulty concentrating

The National Heart, Lung and Blood Institute recommends at least:

- 11-12 hours for pre-school-aged children
- 10 hours for school-aged children
- 9-10 hours for teens
- 7-8 hours for adults

If you consistently do not get enough quality sleep, you are at higher risk for conditions like:

- Heart disease
- Diabetes
- Obesity
- Headaches
- Depression

Tips for Getting a Good Night's Sleep

- Avoid caffeine and nicotine in the evening
- Set a wake and sleep schedule to go by every day
- Keep your thermostat at a cool and comfortable temperature —between 60-70 degrees.
- Avoid afternoon naps
- Try not to watch TV or do work in bed
- Try to fit your workout in earlier in the day



RELAXATION

Benefits:

- Decrease blood pressure
- Relieve pain
- Improve your immune and cardiovascular systems

Laughing:

- Decreases pain
- May help heart and lungs
- Promotes muscle relaxation
- Can reduce anxiety

If you're not getting enough time to relax:

- You may feel tense
- Stressed out
- Chest pain
- Headaches
- Digestive issues
- Anxiety
- Depression

Quick Ways to Relax

- Pet a dog for 15 minutes
- Get a massage
- A simple hug
- Have a good laugh— watch a comedy show, joke with friends, or watch funny YouTube videos.

SUPPORT

Tips

- Keep in touch with positive family and friends
- Make one emotional connection a day
- Use the internet to keep in touch
- Share what's on your mind honestly and openly
- When you talk, also listen
- Make social plans

Signs:

- Prolonged depression
- Feelings of extreme highs and lows
- Confused thinking
- Social withdraw
- Dramatic changes in eating or sleeping habits
- Strong feelings of anger
- Excessive fears, worries and anxieties
- Suicidal thoughts
- Unexplained physical ailments
- Substance abuse

Where to ask for help:

- Firelands Counseling and Recovery
- Primary Doctor
- Clergy
- Veterans can visit www.va.gov/health or call 1-877-222-8387
- For affordable care visit www.samhsa.gov/treatment or call 1-800-662-4357

