



Brought to you by the Holy Family Health Ministry

**MENTAL HEALTH**  
*Awareness*  
MONTH



MAY 2025



**MENTAL  
HEALTH  
MATTERS**

Mental health refers to one's overall emotional, psychological, and social well-being. Mental well-being enables one to cope with the stresses of life, realize their abilities, learn and work well, and contribute to their community. It influences how one thinks, feels and behave, cope with stress, relate to others, and make choices. *Seek help when/if unable to cope with problems!*

## HOW TO DEAL WITH STRESS AND ANXIETY

### MIND



**Accept that you cannot control everything.**

Put your stress in perspective: is it really as bad as you think?



**Do your best.**

Instead of aiming for perfection, which isn't possible, be proud of however close you get.



**Maintain a positive attitude.**

Make an effort to replace negative thoughts with positive ones



**Learn what triggers your anxiety.**

Is it work, family, school, or something else you can identify? Write in a journal when you're feeling stressed or anxious, and look for a pattern.

Sources: <https://www.mycupofcocoa.com/may-is-mental-health-awareness-month>



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## 6 Steps To A Healthy Mental Wellbeing



### Healthy Diet

Having a healthy diet can help with your mood, energy and feelings.



### Sleep

Try and keep to a regular sleeping routine. Wind down time before going to bed is also important.



### Physical Activity

Regular exercise helps to lift your mood and increase energy levels.



### Enjoy Life

Relax and enjoy life by taking breaks and holidays. This will help you feel refreshed.



### Stay Connected

Poor mental wellbeing can be avoiding social contact, however it is important stay connected with others and talk about how you're feeling.



### Be Active

Spending time outside is valuable for our wellbeing. Take up a hobby like biking or walking.



*Cast all your worries upon him because he cares for you. 1 Peter 5:7*

