

# Celebrating Mental Health Awareness Month: Understanding, Supporting, and Enhancing Well-being



WRITTEN BY THE EXPERTS AT ENI

## Inspirational Quote

*"Self-care is how you take your power back."*  
— Lalah Delia

## Book Recommendation

### *How to Stop Struggling and Start Living*

by Dr. Russ Harris

This book introduces Acceptance and Commitment Therapy (ACT), a mindfulness-based technique for reducing stress, overcoming fear, and creating a rich and meaningful life. Dr. Harris uses engaging language and practical exercises to guide readers through his methods, making it accessible and not overly technical.

May is Mental Health Awareness Month, a time dedicated to fostering a deeper understanding of mental health issues and promoting well-being for everyone. As we navigate through this month, it's crucial to reflect on the importance of mental health, learn more about its impact on our lives, and discover ways to care for ourselves and others.



## Why Mental Health Matters

Mental health is fundamental to our overall well-being, influencing how we think, feel, and act. It helps us handle stress, relate to others, and make choices. Mental Health Awareness Month helps break the stigma surrounding mental health issues, encourages people to seek help, and educates the public about the importance of maintaining mental wellness.

## Caring for Your Mental Health

- **Stay Connected:** Maintain healthy relationships with people who support and care about you. These connections can provide emotional support and make you feel included and valued.
- **Keep Active:** Regular physical activity can boost your mood and reduce feelings of anxiety and depression. Find activities that you enjoy and fit them into your routine.
- **Manage Stress:** Learn what triggers your stress and discover coping techniques that work for you. This might be through meditation, deep breathing exercises, or talking things out with friends or professionals.
- **Set Realistic Goals:** Decide what you want to achieve academically, professionally, and personally, and write the steps you need to reach these goals. Aim high, but be realistic and don't over-schedule yourself.
- **Break up the Monotony:** Although our routines make us more efficient and enhance our feelings of security and safety, a little change of scenery can perk up a tedious schedule. Try something new, go to a new place, or seek a new experience.
- **Avoid Alcohol and Other Drugs:** Keep alcohol use to a minimum and avoid other drugs. Sometimes people use alcohol and other drugs to "self-medicate" but in reality, alcohol and other drugs only aggravate problems.
- **Get Help When You Need It:** Seeking help is a sign of strength — not a weakness. And it is important to remember that treatment is effective. People who get appropriate care can recover from mental illness and addiction and lead full, rewarding lives.

## Supporting Others

- **Listen:** Offer a supportive and non-judgmental ear.
- **Encourage Professional Help:** Help them find and access mental health resources.
- **Stay Informed:** Understand mental health issues better to provide informed support.

## Conclusion

Let's use Mental Health Awareness Month as a stepping stone to year-round awareness and support. Through understanding and action, we can contribute to a healthier, more compassionate society.