



- ★ Nearly 450 million people worldwide are currently living with a mental illness, yet nearly two thirds of people with a known mental illness never seek treatment.
- ★ Anxiety disorders affect 25.1% of children between 13 and 18 years old.
- ★ Fight the mental health stigma
 - Talk Openly About Mental Health
 - Educate Yourself and Others
 - Be Conscious of Language
 - Encourage Equality Between Physical and Mental Illness
 - Show Compassion for Those with Mental Illness
 - Choose Empowerment Over Shame
 - Be Honest About Treatment
 - Don't Harbor Self-Stigma





Pick a self care activity to practice in the month of May

- ★ Volunteering and Giving Back
 - <https://www.insider.com/how-giving-back-can-benefit-you-2018-11>
- ★ Sleep
 - Teenagers should get 8-10 hours of sleep
 - Try to keep a regular routine - going to sleep and waking up around similar times
- ★ Mindfulness
 - <http://mindfulnessforteens.com/>
 - <https://kidshealth.org/en/teens/mindfulness.html>
- ★ Meditation
 - <https://health.clevelandclinic.org/how-to-use-meditation-for-teen-stress-and-anxiety/>
 - <https://unifycosmos.com/christian-meditation-anxiety/>
- ★ Practicing Gratitude
 - https://greatergood.berkeley.edu/article/item/how_gratitude_changes_you_and_your_brain
 - <https://positivepsychology.com/gratitude-journal/>
- ★ Eat Healthy
 - <https://www.mhanational.org/healthy-diet-eating-mental-health-mind>
- ★ Social Connection
 - <https://www.mhanational.org/connect-others>
- ★ Learn to Fail Better
 - 3 essential elements at the core of success and well being
 - Perseverance in the face of adversity
 - Ability to glean wisdom from setbacks
 - A willingness to lean into life's challenges
- ★ Exercise

- <https://www.psychologytoday.com/us/blog/what-works-and-why/201803/how-your-mental-health-reaps-the-benefits-exercise>