



Support Newsletter

May is Mental Health Awareness Month

End the stigma. Make it **OK**

Everyone has mental health, just like everyone has health. There is no health without mental health.

We all have had days or weeks where we feel down, stressed out or overwhelmed by something that's happening in our lives. By using positive coping skills we can manage these stressors in healthy ways and maintain our mental wellbeing.



Ways to maintain positive mental health include:

- Using positive coping skills
- Taking care of your physical needs
- Getting enough sleep
- Being physically active
- Connecting with others
- Removing toxic influences (Limiting news and social media)
- Setting boundaries with family and friends
- Helping others
- Recognizing your feelings
- Getting professional help if you need it

How's your mental health?

Take this free screening:

<https://screening.mhanational.org/>

The Benefits of Talking to a Counselor

Talking to a counselor can bring many benefits to your life. You don't have to wait for a crisis to talk to a counselor.



Counseling Can Improve Your Relationships

Interactions between friends, family, and partners make up a big part of our lives. However, relationships can be hard to manage at times.

Ways counseling can help:

- Help you work through difficult family issues like the death of a loved one or a divorce.
- Help you to establish boundaries or leave a toxic situation. Help you balance work and parenting.

Counseling Can Improve your Self-Awareness and Coping Skills

Talking to a counselor can help you process difficult issues from your past or present life. Understanding the root causes of your behaviors can help you respond to stress in healthier ways. The skills you learn by talking to a counselor can stay with you for a lifetime.

Contact me if you would like to learn more.

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