

OCTOBER 2022 | NEWSLETTER

# WORLD MENTAL HEALTH DAY



## **October 10, 2022, is World Mental Health Day.**

"World Mental Health Day is marked every year on October 10 to raise awareness about mental health worldwide and to mobilize efforts to support those experiencing mental health issues. Since 2013, the World Health Organization (WHO) has organized a global campaign for World Mental Health Day. The World Federation for Mental Health (WFMH) announced the theme for World Mental Health Day 2022, which is 'Make mental health for all a global priority,' (United Nations, 2022).

In terms of quality of life, mental health is crucial. Mental health is affected by many factors outside your control, but you can promote better mental health by creating beneficial, healthy habits.

In honor of World Mental Health Day, our program would like to share *HealthLines's* "Strategies to Promote Improved Mental Health."

# HealthLine's Strategies to Promote Improved Mental Health

## Get Restful Sleep

Sleep isn't just nonnegotiable for physical health. It also plays an essential role in mental health.

To get enough high-quality sleep, try starting with these habits:

- Avoid caffeine after 3 p.m.
- Try to wake up and go to sleep at the same time every day.
- Make your bedroom into a quiet, relaxing, clutter-free space.

## Cut Back on Social Media

Research shows that social media can bring added stress to one's life. To spend less time on social media, try to:

- Keep your phone in a drawer or outside your bedroom while sleeping.
- Make a list of alternate, more meaningful activities to replace your usual scrolling sessions.
- Turn off notifications or delete social apps from your phone.

## Strengthen Your Relationships

Humans are social creatures, and strong relationships can have a positive influence on your mental health in various ways.

You have plenty of options for cultivating positive connections and nurturing your friendships:

- Keep in touch by checking in regularly, even with just a quick text or funny meme.
- Meet up for a morning walk or breakfast.
- Schedule biweekly or monthly dinner dates.

## Move Your Body on Your Own Terms

Exercise offers a range of mental health benefits

Enjoyable movement could include:

- Join a running or walking club.
- Take a slower-paced restorative activity class like yoga.
- Take stretching breaks every hour.
- Garden or enjoy other work in your backyard

In other words, you don't have to do a vigorous workout to support mental wellness.

## Make Time for Rest

While what constitutes "rest" may vary from person to person, it generally means giving your mind and body the opportunity to unwind and restore.

There are several strategies above that can help improve mental health, but they will not "cure" mental illness. Working with a mental health professional, however, can be a particularly powerful way to improve mental health.

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*We are your hospital's program, designed to meet the unique needs of individuals typically 65 and older experiencing depression and/or anxiety related to life changes that are often associated with aging.*

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*If you or someone you know could benefit from this program, don't hesitate to get in touch with us. Call us today.*

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