

Mental Health Moment

Presented by the Counseling Department

Protective Factors to Mental Health

There are many reasons why a person's mental health may suffer at times in their life. From childhood abuse or neglect, to chronic mental health or medical conditions, each person's mental health status is different and can change at different times throughout their life. Regardless of why a person's mental health can change, there are some things we can do to build some protective factors around our mental health. While we can't control a lot of what happens around us, we can put some things in place that can limit the intensity of the potential negative effects. Read on in this month's edition to learn some things you can do, or may already be doing, that will help you create and maintain a sense of wellness regarding mental health! As always, reach out if you need help or access to resources for ongoing therapy services!

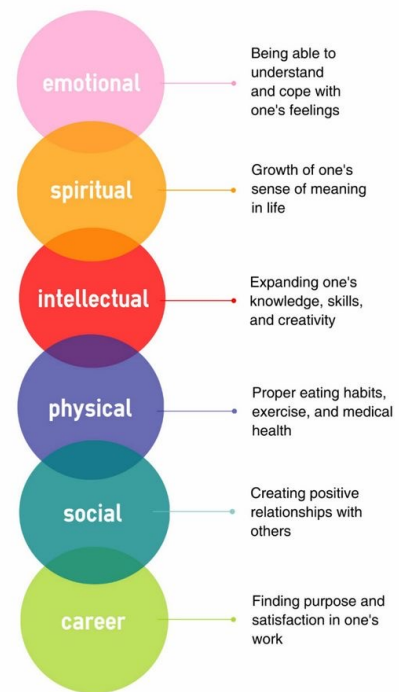
Your Counseling Team



Wishing all families a safe
and happy Thanksgiving
Break!



W
E
L
L
N
E
S
S



Scan the code to take
a copy:





The Magic of Gratitude

POSITIVE AFFIRMATIONS

I inhale love and exhale gratitude

Gratitude fills my heart

I am grateful for all of the goodness in my life

Every cell in my body vibrates with gratitude

I appreciate all that I have and all that is on its way to me

I focus my attention on gratitude and love

The energy of gratitude fills me and surrounds me.
I am grateful.

Gratitude shifts me into a higher frequency

My grateful heart is a magnet for miracles

I allow gratitude to transform me and my life's experience

I am thankful for the opportunities that come my way



AFFIRMATION ACTIVATION ON YOUTUBE

www.ThetaThoughts.com

@theta.thoughts



TOP 10 TIPS for

Good Mental Health

1 Sleep

Sleep is really important for your physical and mental health.

2 Eat Well

Eating well isn't just important for your body, but it's also important for your mind.

3 Avoid Alcohol, Smoking & Drugs

Alcohol, smoking and drugs can all cause low moods and anxiety.

4 Sunlight

Sunlight is a great source of vitamin D. Vitamin D is a really important vitamin for our bodies and our brains.

5 Limit Stress

Stress is often unavoidable, but knowing what triggers your stress and knowing how to cope is key in maintaining good mental health.

6 Exercise

Exercising can help eliminate low mood, anxiety, stress and feeling tired and lazy.

7 Do something that makes you happy

Try to make time for doing things you enjoy.

8 Be Social

Make an effort to maintain good relationships and talk to people whenever you get the chance.

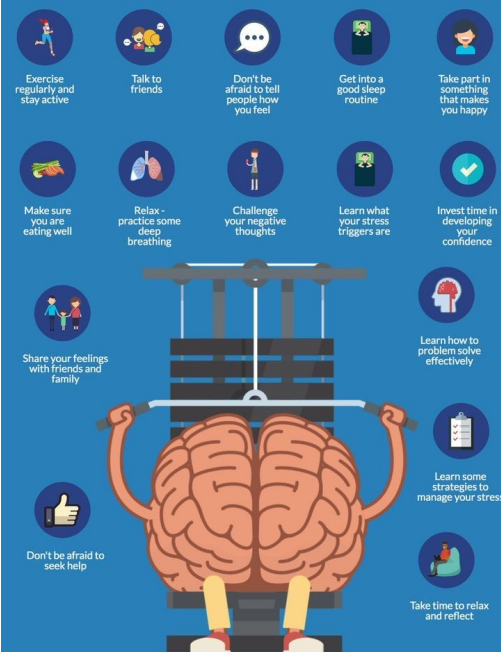
9 Do things for others

Helping others isn't just good for the people you're helping; it's good for you too.

10 Ask for help

There's no shame in asking someone for support if you're feeling low or stressed.

15 TIPS TO DEVELOP GOOD MENTAL HEALTH



Affirmations for a New Week

I will not stress over things I cannot control.

I intend to have a really good week - full of possibilities and incredible opportunities.

Each day brings new possibilities and experiences.

I believe in myself and trust in my abilities.

www.theverydayedit.com

READ MORE