



## May is Mental Health Awareness Month



# Mental Health



# Awareness

## Mental Health Matters For Everyone



# 1 in 5

American adults will have a diagnosable mental health condition in any given year<sup>1</sup>



# 50 PERCENT

of Americans will meet the criteria for a diagnosable mental health condition sometime in their life, and half of those people will develop conditions by the age of 14.<sup>2</sup>



## mental illness by the numbers

12-month prevalence for illnesses in U.S. adults

# 1.1%

ABOUT 2.6 MILLION AMERICAN ADULTS LIVE WITH **schizophrenia**.

# 6.7%

**Major depressive disorder** AFFECTS ABOUT 15.7 MILLION AMERICAN ADULTS.

# 26.2%

AN ESTIMATED 61.2 MILLION AMERICAN ADULTS ARE AFFECTED BY **a mental disorder**.

# 2.6%

**Bipolar disorder** AFFECTS 6.1 MILLION AMERICAN ADULTS PER YEAR.

# 4.1%

AN ESTIMATED 9.6 MILLION AMERICAN ADULTS HAVE **Attention Deficit Hyperactivity Disorder (ADHD)**.

# HOW TO DEAL WITH STRESS AND ANXIETY

## MIND



**Accept that you cannot control everything.**

Put your stress in perspective: Is it really as bad as you think?



**Do your best.**

Instead of aiming for perfection, which isn't possible, be proud of however close you get.



**Maintain a positive attitude.**

Make an effort to replace negative thoughts with positive ones



**Learn what triggers your anxiety.**

Is it work, family, school, or something else you can identify? Write in a journal when you're feeling stressed or anxious, and look for a pattern.



# HOW TO DEAL WITH STRESS AND ANXIETY

## ACTION



### Take deep breaths.

Inhale and exhale slowly throughout the day when you are feeling stressed.

10

### Slowly count to 10.

Repeat, and count to 20 if necessary.



### Give back to your community.

Volunteer or find another way to be active in your community, which creates a support network and gives you a break from everyday stress.



### Take a time out.

Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques. Stepping back from problems helps clear your head.



### Get help online.

If you are struggling with stress and anxiety in your life, consider taking a mental health screen. Screening is an anonymous, free, and private way to learn about your mental health. [www.mhascreening.org](http://www.mhascreening.org)



### Talk to someone.

Tell friends and family you're feeling overwhelmed, and let them know how they can help you. Talk to a physician or therapist for professional help.



# FOUR CORE STRATEGIES FOR MANAGING STRESS AND ANXIETY

## 1. ATTENTION - CENTERING TECHNIQUES

To neutralize anxiety, it can often help to use techniques designed to focus attention beyond anxious thoughts.



MEDITATION



BREATHING



VISUALIZATION

## 2. EXPRESSIVE, CREATIVE STRATEGIES

To channel anxious thoughts or feelings in more productive ways, we might identify specific outlets to express creativity, such as working on a project, drawing, and athletics.



WORKING ON A PROJECT



ARTS



PHYSICAL MOVEMENT

## 3. REFLECTION EXPLORATION STRATEGIES

To monitor where anxiety arises, become more aware of anxiety triggers, and reflect on anxious thoughts and feelings, we might try strategies that foster self-observation.



JOURNALING



SELF-MONITORING



COMMUNICATION

## 4. HEALTHY LIFESTYLE VALUES

To reduce residual feelings of anxiety, it could help to turn attention toward healthy habits, healthy relationships, healthy pleasures, and a healthy environment.



NUTRITION



RELATIONSHIPS



EXERCISE

# Coping with Stress and Fear from COVID-19



## Take care of your body.

- Eat healthy, well-balanced meals
- Exercise regularly
- Get plenty of sleep
- Take deep breaths, stretch, or meditate



## Virtually connect with others.

Talk with people you trust about your concerns and how you are feeling.



Take breaks from watching, reading, or listening to news stories, including social media.



## Make time to unwind.

Try to do some other activities you enjoy.

# Stay healthy. Stay calm.

8 tips for managing your child's anxiety about COVID-19.



Create a routine.



Listen to your child and check in frequently.



Look for signs of anxiety.



Teach coping skills.



Focus on controllable tasks like washing hands.



Encourage positive thinking.



Stay connected.



Seek professional help if needed.



# YOU ARE **NOT** ALONE

Now more than ever, we need to find ways to stay connected with our community. No one should feel alone or without the information, support and help they need.