

#StayConnectedMN – Mental Health Awareness Month

MAY, 2021

Now, more than ever, we need to find ways to stay connected to ourselves, our loved ones, and our community. No one should feel alone or without support.

This Mental Health Awareness Month (MHAM), we are highlighting messages that can be shared with employees, organizations, groups, and people on the continued importance of staying connected, caring for oneself, and knowing what resources are available to you.

All organizations and people are invited to use the toolkit. Service organizations, non-profits, businesses, local health departments, faith-based organizations, or schools can all join in.

Use the hashtags #StayConnectedMN and #MHAM to follow along.

For more posts, emails, and messages, check out our [#StayConnectedMN Toolkit](#), which focuses on mental well-being during the COVID-19 pandemic.

Email

Emails can be shared throughout an organization to provide information on mental health awareness.

Taking care of yourself during Mental Health Awareness Month

Mental health is all around us, but, what exactly is mental health? Mental health is a person's general sense of emotional, psychological, and cognitive well-being. Everyone has mental health every day, but it's often ignored unless something is going seriously wrong. The best way to prevent that is to pay attention to your mental health even when you are feeling okay or even good.

Notice how your mental health is always changing. Yesterday might have been a better day than today, and that's okay. Part of being human is moving with your emotions, and knowing when something isn't going exactly how you want it to, check in with yourself, and reach out to your friends and family for help when you need to take some time for your mental health or don't know what to do.

Here are a few tips for taking care of yourself:

- Accept yourself as you are.
- Write down your daily accomplishments rather than, or in addition to, your to do list. Celebrate those accomplishments.
- Create a self-care plan to support your mental well-being in your daily life. Finding joy, connecting with others, helping others, learning something new, and finding spiritual connections on a daily basis can help us flourish.

- Learn how to [cope with stress](#) with practical exercises like taking a few slow deep breaths, focusing on each of your senses, and trying to be fully present in what you're doing.
- Make small goals, taking time for yourself is not something that will happen over night.
- Get out in nature, be present with your surroundings.
- Check out [MDH Everyday tools and tips for mental well-being](#)

Find more tips on taking care of your mental well-being in the [Minnesota Department of Health Wellness Guide \(PDF\)](#).

Visit [Mental Health America's](#) website with more resources and tips on managing mental well-being.

If you, or someone you know, are in crisis, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or text MN to 741741. You are not alone and someone is always available to talk.

Quick Posts

Quick posts are short messages that can be shared on social media and/or on an employee intranet or message board. These messages are brief and to the point. Adding graphics or images can enhance your post.

Quick Post 1:

Mental Health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. It is easy to ignore the body indicators of poor mental well-being – consistent tense neck, poor sleep, and feeling irritable are some cues. Take time to focus on what your body is telling you. The COVID-19 Wellness Pocket Guide provides tips and ideas for taking care of yourself and your family. #StayConnectedMN #MHAM

<https://www.health.state.mn.us/diseases/coronavirus/hcp/mhpocket.pdf>

Quick Post 2:

Taking care of yourself includes accepting where you are, and building yourself up. We are able to grow stronger and can navigate uncertainty when we love and support ourselves. Ask yourself, what would I tell a friend? Is this thought really accurate? Is it always true? Are there other factors at play? Is this thought helpful? Try this 15 minute meditation that focuses on self-love and kindness from the Greater Good in Action Science Center. #StayConnectedMN #MHAM

https://ggia.berkeley.edu/practice/loving_kindness_meditation?_ga=2.135598841.957524008.1619198881-74189922.1536697990

Quick Post 3:

You are not alone. Now more than ever, we need to find ways to stay connected with each other, and our community. No one should feel alone or without the information, support and help they need. Reach out to a family, friend or neighbor. The National Suicide Prevention Lifeline is available for support 24/7 at 1-800-237-8255 or text MN to 741741. #StayConnectedMN #MHAM

Quick Post 4:

News and current events can bring overwhelming feelings of anger and sadness for many. These are real and valid feelings. It can be scary when we feel overwhelmed or controlled by anger or sadness, however valid it is. When that happens, try to connect with your physical body and the environment around you to stay grounded. What are five things you see? Four things you hear? Three things you feel? Two things you smell? One thing you taste? Find more tips: https://www.samhsa.gov/dtac/disaster-survivors/coping-anger-after-disaster?fbclid=IwAR0oRJZ6RwX9BQ73EkobOKPB5ZkfFajqU4XJ1dtIjjoeATW_HiZiL492CM0

Remember, the Disaster Distress Helpline is available 24 hours a day, every day for crisis counseling and to support those experiencing distress 1-800-985-5990. #StayConnectedMN #MHAM

Thank you

Thank you for participating in Mental Health Awareness Week and sharing and promoting messages around mental well-being. For more ideas on key messages, posts, and more, visit [Mental Health America's Tools 2 Thrive Outreach Toolkit \(PDF\)](#).

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To obtain this information in a different format, call: 651-201-5000.