

# MAY WELLNESS



## MENTAL HEALTH AWARENESS MONTH

Mental Health has been observed during the month of May since 1949.

This year the theme of Mental Health Month is *Fitness #4Mind4Body*. This theme was chosen to emphasize the importance complete health ~ mind and body together.

One link between the mind and body is the hippocampus and diet choices. When the body is provided nutritious food, it has been shown that there is more hippocampal volume when unhealthy foods are provided. This is important because the hippocampus is the part of your brain which plays a key role in learning, memory and mental health.

Specific nutrients have been linked to healthy minds; along with their health benefits for the body.

Examples of some nutrients and benefits for the mind include:

- ~ Omega 3 fatty acids, and a link to brain health.
- ~ Folate-rich food, and a link to a lower risk of depression.
- ~ Vitamin D, and a link to optimal brain functioning, including mood and critical thinking.

To learn more about the connection between nutrition and mind health,  
click here: [Fitness 4Mind4Body: Diet & Nutrition](#)

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Another mind and body connection, is the effect that stress has on our bodies. When stressed, the body can react in a variety of ways, including increasing the heart rate, increasing blood pressure and decreasing the immune system. By incorporating healthy means to deal with stress, you can help keep your body healthy.

Some ways to deal with stress include:

- ~ Meditating. Take just 10 - 20 minutes for quiet reflection can help with deal with stress.
- ~ Getting a hobby. Find an activity that you enjoy, anything from gardening, jigsaw puzzles or painting, and emerge yourself in this hobby to relieve feelings of stress.
- ~ Taking one thing at a time. Try making a to-do list, and tackle one task at a time, checking off accomplished tasks as you finish them.

For more tips on dealing with stress, and to learn more about the connection between stress and mind health,  
click here: [Fitness 4Mind4Body: Stress](#)

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For additional information on keeping minds fit, including fact sheets, screening tests and worksheets,  
please visit the Mental Health America website: [Mental Health Month](#)

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**West Suburban Health Group Website:** [westsuburbanhealth.com](http://westsuburbanhealth.com)

**Health Provider Websites:** Fallon: [fchp.org](http://fchp.org) Harvard Pilgrim: [harvardpilgrim.org](http://harvardpilgrim.org)

Tufts: [tuftshealthplan.com](http://tuftshealthplan.com) Blue Cross Blue Shield: [bluecrossma.com](http://bluecrossma.com)