



Let's Talk about: *Mental Health*



Hi CCS Community!

I hope you are all doing well and getting excited for a fun summer ahead! I am super excited to see what a summer in Burlington is like - comment below with your favorite summer activities.

One of my goals this month is to catch the sunset on Lake Champlain... and maybe enjoy a maple creemee while I am there!

I wanted to talk about something just as important as physical health today - mental health. Mental health is how you *feel on the inside* and how you are managing your day to day life. We all have our good days and bad days, but I wanted to talk about ways we can check in with ourselves to make sure we are all as healthy and happy as we can be :)

Why is mental health just as important as physical health?

It is important to take care of your mental health because...

It helps us cope with **day to day stresses** from dealing with workplace problems, friends and family to **big stresses** that can come up

It helps you **boost your mood** and reduce stress and anxiety

We all deserve to **feel happy** and taking care of our mental health helps us take on each day with more control

What are some ways I can check in on my mental health?

It is important to check in with yourself the same way we check in on our friends!

Ask yourself:

How am I feeling today?

Do I feel worried, stressed, anxious or sad?

Do I feel excited, happy, goofy or tired?

What will make me feel better? Is there someone I can talk to about how I am feeling?

How do I support and take care of myself today? What do I need?

What are some ways I can improve my mental health?

Mental health is **not** something you have to deal with on your own

Talk to your family, friends, caregivers, support care persons or CCS about **resources and professionals they can connect you with** to talk about mental health

Ask yourself, **what makes me feel calm and happy?** Try to incorporate those activities into your daily life

For example, I love to cook and FaceTime my friends and family. I try to do at least one of those things everyday so I stay mentally healthy and happy!

Thank you for reading along and don't hesitate to reach out if I can help you find more resources on this topic. Have a wonderful month and I hope you all treat yourself to a creemee sometime soon!



Disclaimer: This article does not provide medical advice. The information included is for informational purposes only, please contact your physician for any medical advice, concerns, or questions.