

# MAY IS MENTAL HEALTH AWARENESS MONTH



Mental Health Awareness Month is a time to raise awareness of the importance of mental health and wellness. It is also an opportunity to fight stigma and promote support for individuals with mental health concerns as well as for their support systems.

Based on Military Health System data for a yearly average of 1.5 million active duty service members (2017–2021) about:

**4%**

WERE DIAGNOSED  
WITH ADJUSTMENT  
DISORDER

**2%**

WERE DIAGNOSED  
WITH ANXIETY  
DISORDER

**2%**

WERE DIAGNOSED  
WITH DEPRESSIVE  
DISORDER

**1%**

WERE DIAGNOSED  
WITH POSTTRAUMATIC  
STRESS DISORDER

## HOW CAN I DEFEND MY MENTAL HEALTH?



### PROTECT

Even practicing a few of these habits daily can build coping skills by increasing:

- Exercise
- Balanced nutrition
- Quality sleep
- Relaxation and meditation
- Goal setting
- Social support connections



### SEEK HELP

There are many different professionals and resources available, including:

- Counselors
- Chaplains
- Social workers
- Behavioral health consultants
- Psychologists
- Psychiatrists
- Psychiatric nurse practitioners



### OPTIMIZE

These practices and strategies may enhance your mental health and improve quality of life:

- Practice mindfulness
- Journaling and creative expression
- Challenge negative thinking
- Find meaning in everything you do

# Mental Health Tips Nfl Schedule Usa

**N Colangelo**



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