

Mental Health in Challenging Times

Reports reveal that mental health professionals are seeing an increase in persons dealing with stress, anxiety and fear in our uncertain world. Our country is deeply divided over many issues. Even family relations are being affected by this bitter division. International tension is increasing as we are bombarded by news reports that can be frightening.

The events in today's world can be especially difficult and can be triggers for persons who have experienced traumatic experiences in their past. Mental health professionals are seeing an increasing number of persons seeking to find ways to cope with these additional stresses and fears.



But we are all in this together and there are steps we can take to care for ourselves, keep perspective, and cherish all that's good in our life. Mental Health America offers ten tools as a guide to good mental health-even in the face of life's challenges.

Ten Tools to Live Your Life Well

- 1) Connect with others
- 2) Stay positive
- 3) Get physically active
- 4) Help others
- 5) Get enough rest
- 6) Create joy and satisfaction
- 7) Eat well
- 8) Take care of your spirit
- 9) Deal better with hard times
- 10) Get professional help if you need it



Faith Communities Can Be a Source of Support and Hope

- Address stress and mental health in worship and newsletters
- Provide opportunity to re-evaluate the priorities in our lives
- Be aware of signs and symptoms of persons who need support
- Offer support groups or one-to-one mentors
- Be knowledgeable of referral resources in your community
- Provide opportunities to volunteer to help others
- Use the rituals of your faith for comfort, strength and hope



Mental Health America www.mentalhealthamerica.net
NAMI FaithNet www.nami.org/faithnet
Mental Health Ministries www.MentalHealthMinistries.net