

May

is Mental Health Awareness Month

Mental health—how you think, feel and act—can change over time due to factors like workload, stress and work-life balance. The COVID-19 pandemic and quarantining certainly qualify as stressful factors.

1 in 5 Americans experience mental illness each year.

1 in 25 Americans live with a serious mental illness.

2.4 million live with schizophrenia.

6.1 million live with bipolar disorder.

16 million live with major depression.

42 million live with anxiety disorders.

Here are some strategies to help you thrive during uncertain times:



Find the positive.

It's natural to go through a grieving process after the loss of a relationship, job or loved one. Remember the good times and focus on what makes you happy.



Create healthy routines.

Healthy routines include eating a nutrition-rich diet, exercising and getting enough sleep. It's OK if your routine is not the same every day. Start with small changes.



Own your feelings.

It can be easy to get caught up in emotions as you're feeling them. Taking the time to identify what you're feeling can help you better cope with challenging situations.



Connect with others.

Connections help enrich your life and power through the tough times. Whether in person or virtually, connect with and lean on your support group.

If you're struggling with your mental health during these trying times, you're not alone. If you have concerns about your mental health, please contact a mental health professional.