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Subject: 4Mind4Body



4Mind4Body: Theme for Mental Health Awareness Month

When you or someone you love is dealing with a mental health concern, sometimes it's a lot to handle. It's important to remember that mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable.

The Partnership for a Healthy Community, a partnership made of several organizations and agencies in Kankakee County focused on community health improvement, wants to bring awareness of mental health conditions and the importance of good mental health for everyone.

A healthy lifestyle can help to prevent the onset or worsening of mental health conditions, as well as chronic conditions like heart disease, diabetes, and obesity. It can also help people recover from these conditions. For those dealing with a chronic health condition and the people who care for them, it can be especially important to focus on mental health.

For mental health awareness during May the theme is 4Mind4Body to look at spirituality and religion, humor, work-life balance, recreation, and social connections as ways to boost mental health and general wellness.

It is important to really look at your overall health, both physically and mentally, to achieve wellness. Finding a reason to laugh, going for a walk with a friend, meditating, playing with a pet, or working from home once a week can go a long way in making you both physically and mentally healthy – it's all about finding the right balance to benefit both the mind and body.

We know that living a healthy lifestyle is not always easy, but it can be achieved by gradually making small changes and building on those successes. Finding the balance between work and play, the ups and downs of life, physical health and mental health, can help you on the path towards focusing on both.

For local mental health services, call 211 or visit <http://www.kan-i-help.org/>

For more 4Mind4Body information, please visit www.mentalhealthamerica.net,

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