



Educate, Advocate and Serve

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Manage Your Mood

Evidence based suggestions for promoting individual resilience and protecting mental wellness



Bringing Wellness Home

MHA Education, Advocacy and Services

Talk with friends and family

- One way to help improve memory and mood is to talk to someone for as little as ten minutes a day.
- If having a long conversations seems overwhelming try starting small. Just saying “hello” or “how are you?” to someone you know but don’t usually talk to may open the door to a new friendship.
- Support groups provide an opportunity to meet and talk with peers who share your concerns in a safe environment.

Exercise

- Exercise can reduce anxiety, improve mood, and help to prevent symptoms from coming back.
- Community Centers and YMCA’s often hold low cost or free exercise classes.
- Walking: low cost, easy. (Before taking the kids to school, during lunch breaks, or in the evenings)
- Swimming: great way for those who need to minimize impact on their joints.



Information/Referral: Informational materials on most mental health and mental illness topics available free of charge. Referrals provided for psychiatrists and therapists, hospitals, shelters, support groups & other agencies. Call us or access the directory at mhankyswoh.org or support groups at mhaswoh.org.

Employment Services: Employment Specialists help get people with mental or substance use disorders back into the work force with competitive employment opportunities. Fridays at 912 Scott Street, participate in our Employment Workshop 9—noon. Or schedule a personal meeting by calling 859-431-1077.

Education/Training: We provide education, training and screenings to increase people's knowledge of mental illness, recovery & wellness.

DUI Assessment/Education: 20 hour PRIME for Life risk reduction program. 3 week class is an effective alcohol and drug program for court referred individuals, community and employers.

Payee Services: Let us help you manage your money. Our goal is to get you back on your feet and able to afford healthcare, housing and groceries, plus have spending money.

Substance Abuse Wraparound: This is a collaborative mental health program for people needing substance abuse detox and/or treatment. Support starts while the client is in treatment and continues until full stability and recovery is reached.

Offender Re-entry: We work with people that are incarcerated upon release to provide much needed stability to recover from mental and substance use problems.

Peer Support: Peer specialists offer at no charge, goal oriented support for people who want help with their recovery from mental or substance use. Individual assistance and group activities help clients achieve their Employment, Mental Health, Physical Health, Social Health, Education, Housing, Legal issues and Substance Abuse goals. On **Fridays** at 912 Scott Street, participate in our Employment Workshop 9—noon, Movie Club 11-12:30, lunch and fun activities 1—2 pm. **During the week** visit The P.I.E.R., Personal Involvement Empowering Recovery, 1002 Monmouth to participate in a wide variety of activities.

Support Groups: The depression group meets every Thursday 6:30 p.m. to 8:00 p.m. in NKY to provide support to persons suffering from depression. Visit the Support Group Clearinghouse at www.mhaswoh.org to find more.

Seek professional help if needed



- Mental illness is treatable and recovery is possible but continued treatment is necessary. Research has shown that the relapse rate for those who are acutely mentally ill who stay on medications can be as low as 7-10%, but among those who stop medications it is between 70-80% within a year.

- Finding the treatment provider who is best for you can take time. If you feel like your personality doesn't match that of your professional provider then talk about it with them. If that doesn't resolve the issue it is okay to look for someone else.
- If you feel like you might hurt yourself or someone else always directly to the emergency room or call 911 so someone can be there for you immediately.

Maintain positive attitude

- Research has shown that it is possible to feel happier, more satisfied, and more engaged in life regardless of one's circumstances.
- Make it a goal to write down one thing each day that makes you smile. When you are upset you'll have that list to look at.
- Bring laughter into your life. Try reading the comics in the newspaper each morning or watching a comedy movie when you're feeling down.

Get Enough Sleep

- Sleep loss may result in irritability, impatience, inability to concentrate, and moodiness.
- As a general rule adults need 7-8 hours of sleep per night to regenerate your body and mind. If you are waking up groggy and tired then you may need to increase the number of hours slightly.
- If sleep isn't coming easily try darkening the room, establishing a set bedtime routine, and reading a light book before bed.



Most of us are in a much better mood after a good night of sleep.

Practice faith, spiritual beliefs or meditation

- A university study in Illinois recently demonstrated that practicing faith is linked to higher self-esteem and optimism.
- Getting involved in groups and projects at a church or place of worship is a great opportunity to meet positive people with common values.
- Yoga and Tai Chi have ancient spiritual roots.
- Try this: a walking meditation involves being focused on each step you take. Be mindful of the feeling of your feet on the ground, each breath you take, and the wind on your face.

Do enjoyable and satisfying things

- A research study from the Sociology department at the University of Calvary found that participating in active or social leisure activities are important in reducing depression levels among those who work in high stress environments.
- Set aside one hour each week as your time to spend doing something you enjoy. Tell everyone that you can't be disturbed during that hour and be sure to follow enforce that rule.
- Recovery is a great time to discover new interests. Consider setting a goal of doing one healthy thing each month that you have never done before.

Improve Diet

- A study of more than 1000 women in Australia over 10 years showed that depressive disorders were 50% more common among those who ate primarily processed, refined, high fat foods.
 - Try making at least one home cooked meal each week. Processed foods contain far more salt and sugar than those that are freshly prepared.
 - Try keeping a diary of everything that you eat during the day. Awareness of your patterns is often the first step to changing them.
- A good rule of thumb is as you look at your plate—half should be fruits and vegetables, a quarter lean meats and a quarter whole grains.



Get involved in your community

- Volunteers have longer lives, higher functioning ability, lower rates of depression, and less heart disease.
- United Way, the local newspaper, or www.volunteermatch.org can provide lists of organizations that need volunteers.
- You will likely find others who share your interests at the volunteer project that you choose.
- Volunteering is a great first step toward employment and it can be put on a resume.

Change responses to stressful situations

- The link between stress and depression is so significant that there is an entire laboratory devoted to its study at Northwestern University's Medical School.
- When you start feeling stressed tell yourself to stop, breathe deep, and count to ten. Then consider whether your first reaction actually fit the situation. You may be surprised how often taking a ten second time out changes your perspective.
- “An ounce of prevention is worth a pound of cure” when it comes to stress. Look for simple ways to prevent stress in your routine. Would getting up 15 minutes earlier take away the worry of being late because of traffic?

