



OCTOBER IS DEPRESSION AND MENTAL HEALTH AWARENESS MONTH

October is depression and mental health awareness month. These are topics often not discussed in our personal or work lives, and yet mental health disorders affect millions of American workers. As such, we are taking a moment to bring everyone's attention to these taboo topics, which will hopefully spark conversation and help those in need find the services and resources they deserve.

There are many types of depression and mental health disorders. From seasonal affective disorder (SAD) to bipolar to generalized anxiety to alcohol use, each one of these and many other mental health disorders can be diagnosed and treated in their own specific ways. There are some steps you can take to help manage your mental health, but these suggestions should not be taken as a substitute for seeing a medical professional and receiving appropriate therapy.

- **Eat a regularly healthy diet** with lots of fruits, vegetables, whole grains, lean protein, and low-fat dairy
- **Be physically active every day**, whether it's a few 10 minute walks throughout the day or spending 60 minutes at the gym
- **Set aside time for fun and relaxation**, which could mean spending an afternoon playing outside with your kids or curling up on a couch to read a book
- **Avoid alcohol and drugs**, both of which can alter your mood and make a bad situation seem even worse
- **Stay connected with friends and family**, because having a strong social support network is key to maintaining a happy, healthy mindset

Mental health is just as important as our physical health, so it is key to understand the resources available as you seek to improve this aspect of your health. For more information on mental health awareness, visit: www.mentalhealthamerica.net