



KENDALL COUNTY HEALTH DEPARTMENT

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Kendall County Celebrates Mental Health Month

To celebrate Mental Health Month this May, the Kendall County Health Department is joining Mental Health America's **Live Your Life Well**SM campaign. This national public education campaign is dedicated to helping people better cope with stress and enhancing their well-being by creating more of the life they want.

MHA's goal this year is to increase the number of people who take action to protect their mental health, both in the face of ongoing stress and during times of great personal challenge. To help promote their campaign, the Kendall County Health Department is reminding residents of MHA's 10 research-based tools that support optimal mental health. They are:

- **Connect with others.** Fight stress with friendship. Human are social beings, as such we crave feeling supported, valued and connected.
- **Stay positive.** Thinking negatively can drag down our moods, our actions and even our health. Take steps to increase your optimism by looking for the silver lining.
- **Get physically active.** Millions of people have found that exercise decreases stress, anger and tension; it reduces anxiety and depression, and offers a great sense of well-being.
- **Help others.** Research indicates that those who consistently help other people experience less depression, greater calm, fewer pains and better health.
- **Get enough sleep.** Being tired can hurt your health and your relationships. Tips for upping your sleep include: setting a regular bedtime, avoiding caffeinated drinks, meditating and/or exercising.
- **Create joy and satisfaction.** Feeling good is good for you. Experts say good feelings can boost your ability to bounce back from stress, solve problems, think flexibly and even fight disease.
- **Eat well.** The right foods can fuel your mind, boost your mood and fight disease. Eat nutritious well balanced meals and avoid skipping meals.
- **Take care of your spirit.** Praying, meditating or just connecting with your deepest self can enrich your life. Take time and connect to what you find meaningful.

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- **Deal better with hard times.** Journaling your thoughts, maintaining realistic views and asking for support when you need it can improve your chances of making it through a rough patch.
- **Get professional help if you need it.** If problems in your life are stopping you

from functioning well or feeling good, professional help can make a big difference.

Jason Andrade, Kendall County Health Department's Mental Health Director, believes "Early intervention in the detection and treatment of mental health problems is very important; it can help a person get better in a shorter amount of time and prevent problems from becoming worse." If you are having trouble, know that you are not alone - Don't hesitate to seek professional help.

The Kendall County Health Department offers additional resources to assist residents with the improvement and maintenance of their over-all mental health. For more information, call (630) 553-9100 or visit our website at www.kendallhealth.org. For more information on Mental Health Month and these ten tools visit: www.liveyourlifewell.org/.