

# The Healthy Mentality

A mental health newsletter courtesy  
of North Central West Virginia Community Action

May 2019

In this Newsletter:

- Mental Health Awareness
- National Foster Care Month
- Reading is Fundamental

## Mental Health Awareness

The following article has been provided by Mental Health America (MHA).

Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. So much of what we do physically impacts us mentally – it's important to pay attention to both your physical health and your mental health, which can help you achieve overall wellness and set you on a path to recovery.

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. When dealing with dueling diagnoses, focusing on both physical and mental health concerns can be daunting – but critically important in achieving overall wellness. There are things you can do that may help. 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. The company of animals – whether as pets or service animals— can have a profound impact on a person's quality of life and ability to recover from illnesses. A pet can be a source of comfort and can help us to live mentally healthier lives. And whether you go to church, meditate daily, or simply find time to enjoy that cup of tea each morning while checking in with yourself – it can be important to connect with your spiritual side in order to find that mind-body connection.

It's important to know that mental illnesses are real, and recovery is always the goal. Living a healthy lifestyle may not be easy but 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 both #4Mind4Body. For more information, visit [www.mentalhealthamerica.net/may](http://www.mentalhealthamerica.net/may)

MAY IS  
MENTAL  
HEALTH  
MONTH 2019

#4MIND4BODY



Humor, spirituality, recreation, social connections, animal companionship, and work-life balance can help to prevent the onset or worsening of mental and physical health conditions and also help people recover.



## National Foster Care Month 2019

"Foster Care as a Support to Families,  
Not a Substitute for Parents"

[www.childwelfare.gov/fostercaremonth](http://www.childwelfare.gov/fostercaremonth)



The following information is from <https://www.childwelfare.gov/fostercaremonth>

Strengthening families and focusing on their well-being is the key to building strong communities. Whether it's promoting a collaborative relationship between birth parents and foster caregivers or providing parents with the right combination of supportive services to enable reunification, keeping families together is the primary goal in a successful child welfare system.

This May, National Foster Care Month recognizes that foster care must act as a support system for families, not a substitute for parents. Developing partnerships between local agencies, community organizations, and individuals within a family's network is key to building a supportive foundation that supports family reunification and preservation.

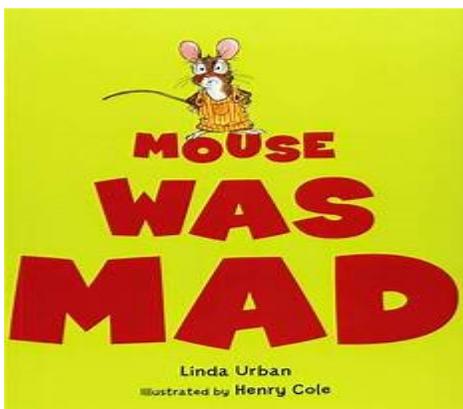
Visit the National Foster Care Month website to find resources about the following:

- Child welfare agency and community partnerships
- Collaborative cross-system relationships
- Targeted support services

The website also provides tools to support engagement in the local community and inspiring real-life stories from families with foster care experience.

## Reading is FundaMENTAL:

Books can be a great way to connect with your child while learning valuable life skills. This month's suggestion is *Mouse Was Mad* by Linda Urban.



In *Mouse Was Mad* by Linda Urban, Mouse does many things when he is mad: hops, stomps, screams, and rolls. However, all of these things just gets him muddy and madder. In the end, Mouse finds that standing still and breathing in through his nose and out his mouth makes him feel better. Read this book with your young one and talk about how everyone gets mad from time to time. Use Mouse's breathing at the end of the book to practice how to take deep breathes to calm down.

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The information provided in this newsletter is for educational purposes and is not intended to replace discussions with your healthcare provider.

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