

*Spreading Hope, Spurring Action, Supporting Families, Saving Lives!*

***"Although no one can go back and make a brand new start, anyone can start from now and make a brand new ending."***

**Carl Bard**



## **Mental Health Matters: A Monthly Blog Post from the Director**

### **New Year's Resolutions Should Include Mental Health**

2019 is upon us and many have made their New Year's Resolutions. Often appearing on the list are things related to saving money, reducing debt, losing weight, and exercising more. As we ponder our list, here are a few to think about with mental health in mind.

1. Do exercise more. There is a great deal of research indicating that exercise is fundamental to good health. Some physicians actually prescribe exercise as a treatment for depression. (*Five New Year Resolutions to Improve Your Mental Health, Psychology Today*)
2. Make a resolution to be mentally healthy. We all know that stigma can often prevent people from seeking the help they need, but getting professional help can allow us to sort "through our mental and emotional baggage..." (*9 Mental Health Resolutions for the New Year, CPH Associates*)
3. Take time to relax and enjoy life. We all need time to recharge our batteries. Take time each day to "shut down" and do something for yourself, whether meditating, deep breathing, or just sitting quietly.
4. CPH Associates also notes that it is important to "speak nicely about yourself and treat yourself with respect. All good things begin from within, and a positive outlook on ourselves is a key to attracting more positivity in our lives."
5. Find ways to socialize and contribute. "Research has frequently shown that social activity and social support promote individual mental health, while also buffering individuals from the negative effect of acute and chronic stress." (*Psychology Today*)
6. But, don't overdo social media, which is not the same as socializing. Theodore Roosevelt once said,

“Comparison is the thief of joy.” I believe, too often, we find ourselves comparing our lives to those we follow on Facebook, Instagram, Twitter and other social media. These comparisons are often unrealistic and can rob us of joy.

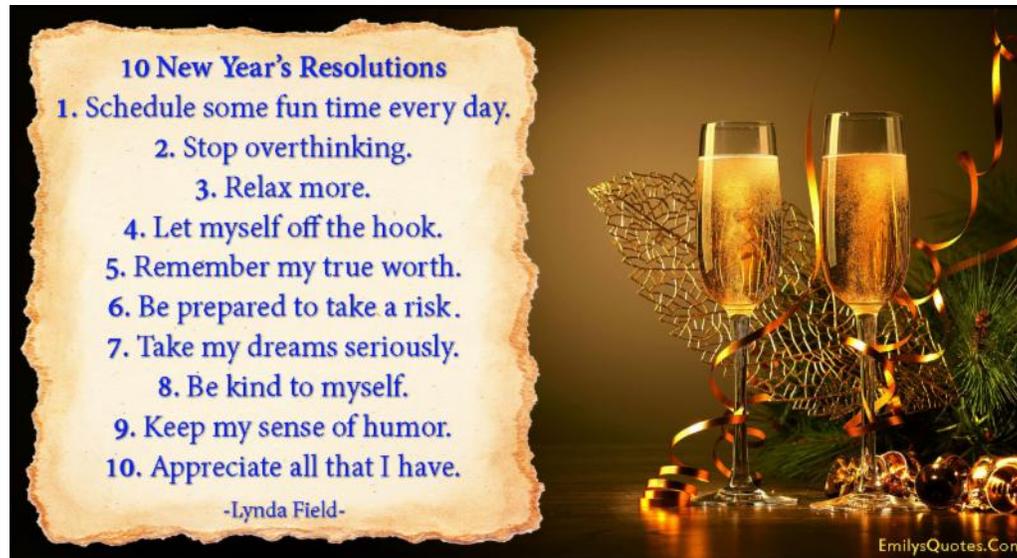
7. Don't let yourself be defined by a label. CPH Associates recommends that “instead of speaking of yourself as overweight, anxious or depressed, say something like, 'I have depression and today I will exercise to help manage that.'”

Here are a few other resolutions I would recommend for 2019, all of which MHA can help you achieve:

- Learn more about mental health so that you can treat those who are living with a mental health condition more compassionately and help eliminate the stigma around mental health. One way to do this is to enroll in one of MHA's free daylong **Mental Health First Aid** trainings. [Check out dates and register here.](#)
- Be equipped to handle the situation if you believe someone you know is considering suicide. In as little as 90 minutes you can become trained in **QPR (Question, Persuade, Refer)** Suicide Prevention training, which is also free to the community. [Learn QPR.](#)
- Learn more about how to break stigma and have an open dialogue about mental health at one of MHA's monthly **Coffee & Conversations**. [Register now.](#)
- Take the conversation on the road in 2019 by hosting a **Coffee & Conversation** or other training at your workplace, home, school or church group, etc. [Inquire now.](#)
- Take the pledge to break stigma at **MHA's Pledge Wall**. [Add your name now.](#)
- Help MHA continue to fulfill its mission around advocacy, education and prevention by being an **MHA of Central Carolinas investor**. [Make a gift here.](#)

I want to wish everyone a Happy New Year. I look forward to connecting with you in 2019!

Kathy H. Rogers  
Executive Director



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Mental Health America of Central Carolinas promotes mental wellness through advocacy, prevention and education in Mecklenburg and Cabarrus Counties.



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