

Practice Preventive Mental Health Care



This Photo by Unknown Author is licensed

There is such a thing as “preventive mental health,” just like there is preventive physical health. **Here’s How:** **Practice self-compassion**—be kind and understanding to yourself, especially during difficult times. Treat yourself with the same empathy and support that you would offer a close friend.

Get regular exercise- Just 30 minutes of walking every day can help boost your mood and improve your health. Small amounts of exercise add up, so don’t be discouraged if you can’t do 30 minutes at one time.

Make sleep a priority- Stick to a schedule, and make sure you’re getting enough sleep. Blue light from devices and screens can make it harder to fall asleep, so reduce blue light exposure from your phone or computer before bedtime.

Eat healthy, regular meals and stay hydrated- A balanced diet and plenty of water can improve your energy and focus throughout the day. Also, limit caffeinated beverages such as soft drinks or coffee.

Try a relaxing activity- Explore relaxation or wellness programs or apps, which may incorporate meditation, muscle relaxation, or breathing exercises. Schedule regular times for these and other healthy activities you enjoy such as journaling.

Set goals and priorities- Decide what must get done now and what can wait. Learn to say “no” to new tasks if you start to feel like you’re taking on too much. Try to be mindful of what you have accomplished at the end of the day, not what you have been unable to do.

Practice gratitude- Remind yourself daily of things you are grateful for. Be specific. Write them down at night, or replay them in your mind.

Focus on positivity- Identify and challenge your negative and unhelpful thoughts.

Stay connected- Reach out to your friends or family members who can provide emotional support and practical help.

Preventive mental health lowers stress and builds resilience for when the going gets tough. Preventive mental health looks different for everyone and it is important to find what you need and what you enjoy.

If you or someone you know is struggling or having thoughts of suicide, call or text the 988 Suicide & Crisis Life-line at **988** or chat at 988lifeline.org. This service is confidential, free, and available 24 hours a day, 7 days a week. In life-threatening situations, call **911**.



Winnebago County Health Department is providing a Strong Bodies– strength training class at Marian Manor for 12 weeks. All are welcome –Come to whatever sessions work best for you. Classes are held on **Monday & Thursdays starting June 1st - August 17th from 2:00 –3:00 pm in the Activity Room.**

Participants increase muscle strength and mass, decrease falls, improve arthritis symptoms, increase flexibility, lower glucose levels and increase bone density. Things we should all be improving as we age. Come see for yourself.

If you have information you would like to submit for the Marian Messenger contact Mary Jo at 920-424-1470 Ext. 136 or email at maryjos@ohawcha.org. Please submit any material by the 20th of the month if you would like your information posted in next month’s newsletter.



JUNE 2023

Marian Manor Staff

**Stacy, Senior Property
Manager**

424-1470 Ext. 126

Monday 8:00 am - 4:30 pm

Tuesday 8:00 am—4:30 pm

Wednesday 8:00 am - 4:30 pm

Thursday 8:00 am- 4:30 pm

Friday By Appointment Only

**Mary Jo, Social Services
Coordinator**

424-1470 Ext. 136

Monday-Thursday \

8:30 am—4:30 pm

Friday 8:00 am— Noon

Scott, Maintenance

Monday -Thursday

6:30 am-4:00 pm

Natalie Custodial

Monday, Tuesday, Thursday &
Friday

7:00 am—3:30 pm

After Hours Maintenance

920-966-4235

Nurses- 4th Floor Office

424-1470 Ext 124

**Lori, Monday, Tuesday &
alternate Fridays**

**Erin, Wednesday, Thursday &
alternate Fridays**

Office Closed for Lunch

Noon—1:00 pm

**Housing Offices Close
at Noon on Fridays**

Sun	Mon	Tue	Wed	Thur	Fri	Sat
						
				1	2	3
				2-3 pm		
				Strong		
				Bodies		
				Activity		
				Room		
4	5	6	7	8	9	10
		2-3 pm			2:00 pm	
		Strong			Library	
		Bodies			Fire Alarm	
		Activity			Testing	
		Room			Books	
						
11	12	13	14	15	16	17
		2-3 pm			2-3 pm	
		Strong			Strong	
		Bodies			Bodies	
		Activity			Activity	
		Room			Room	
						
18	19	20	21	22	23	24
		2-3 pm			2-3 pm	
		Strong			Strong	
		Bodies			Bodies	
		Activity			Activity	
		Room			Room	
						
						
25	26	27	28	29	30	
		3:30 pm			2-3 pm	
		OHA/ WCHA			Strong	
		Board			Bodies	
		Meeting			Activity	
		at Court			Room	
		Tower				