

# The Holistic View

MAY 2018

## Taking Care of You:

- Mentally
- Spiritually
- Physically

*“Come to Me, all who labor and are burdened and I will give you rest. Take my yoke upon you and learn from me, for I am meek and humble of heart; and you will find rest for yourselves. For My yoke is easy and my burden light.” Matthew 11:28-30*

Feel free to Contact Us

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## Mental Health Awareness Month

Happy Sunday to all, our built in day of rest! Taking care of our mental health is a vital part of our overall well-being. Keeping fit as a whole involves staying healthy in Mind, Body, and Spirit. **Finding balance is important at every stage of life.** Below are some tips from the Mental Health Foundation to help us emotionally:

- Talk about your feelings: this helps you to stay in good mental health and deal with times when you feel troubled.
- Keep in Touch: There’s nothing better than catching up with someone face to face though a phone call, note, or chatting on-line is always a great alternative. Keeping the lines of communication open is good for you!
- Ask for Help! None of us are super human. We all have times when we are tired or overwhelmed by how we feel or when things don’t go as planned.
- Take a Break: A change of scene or a change of pace is good for your mental health! Even a few minutes can be enough to de-stress you. Give yourself some ‘Me time’.
- Accept who you are: We are all different. It’s much healthier to accept that you are unique than to wish you were more like someone else. Feeling good about yourself boosts your confidence to learn new skills, visit new places, and make new friends. Good self-esteem helps you to cope when life takes a difficult turn.

Mental Health Foundation (2018). *How to look after your mental health*. Scotland SC 039714. <https://www.mentalhealth.org.uk/publications/how-to-mental-health>

## Staying Spiritually Centered

Staying connected with our Lord through prayer is a powerful and necessary part of our well being and healing. In moments of prayer and meditation, as well as through the celebration of the mass, we are provided an opportunity to rest and be renewed in His presence. Amidst the chaos of our lives, prayer is often the last place we turn for refuge. God never promised that this world would be without suffering, but He did promise that He would always be with us. Turning to Him during difficult times will help sustain you. In my own life, I have experienced this. I have learned to look for ways to rest and connect with God everyday. I keep a daily meditation journal in my car. I read and pray for a few minutes right before I start my long shift at work. This helps to set the tone for the day, with God by my side. What works best for you? ~ Melissa Schirle



### ***Expectations***

I asked God for strength, that I might achieve.  
I was made weak, that I might learn humbly to obey.  
I asked for health, that I might do great things.  
I was given poverty, that I might be wise.  
I asked for power, that I might have the praise of people.  
I was given weakness, that I might feel the need of God.  
I asked for all things, that I might enjoy life.  
I was given life, that I might enjoy all things.  
I got nothing I asked for - but everything I had hoped for.  
Almost despite myself, my unspoken prayers were answered.  
I am, among all, most richly blessed.

~ Roy Campanella

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## Physical Health

So much of what we do physically, impacts us mentally. Eating healthy foods, managing stress, exercising, and getting enough sleep can go a long way in making you both physically and mentally healthy.

In recognition of Mental Health Month, Mental Health America has developed a series of fact sheets on the importance of exercise, diet and nutrition, gut health, sleep, and stress management. Living a healthy lifestyle is not always easy, yet, can be achieved by gradually making small changes and building on those successes. Start by doing something you love to do! You will be motivated because you enjoy it and have the added benefit of being active! Visit the url address below for many useful resources. #4Mind4Body

## TAKE THE #4MIND4BODY CHALLENGE!



Join us this May as we challenge ourselves each day to make small changes - both physically and mentally - to create huge gains for our overall health. Visit [bit.ly/MHACHallenge](http://bit.ly/MHACHallenge) or follow Mental Health America on Facebook, Twitter or Instagram for the challenge of the day. Share your progress by posting with #4mind4body.

LEARN MORE AT [MENTALHEALTHAMERICA.NET/MAY](http://MENTALHEALTHAMERICA.NET/MAY)