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MENTAL
HEALTH
MONTH

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Root Out Stress and Cultivate Happiness

During Stressful Times: Be Kind to Yourself!

Improve the Moment with...

Imagery

Close your eyes, imagine a relaxing scene or favorite location.

Breathing

Take a deep, cleansing breath.

Positivity

Be your own cheerleader, repeat "I can do it!" or "I am OK!"

Letting Go

Turn things over to a higher power.

Humor

Find humor in the little things - and laugh!

Focus

Take one step at a time and concentrate on only that task.

Engage Your Senses

Look

Go to a museum or for a walk in a pretty part of town.

Listen

Sit by a fountain, listen to mellow music.

Smell

Light a scented candle, walk in a garden or into a bakery.

Taste

Savor every bite or sip your favorite drink.

Touch

Take a bubble bath, pet your dog or cat, or have a massage.



Peace of Mind

and Strength of Heart ♥

10 Questions to Ask: Evaluating Your Child's Mental Health

Everyone feels sad or angry sometimes. However, when children and adolescents experience these feelings for extended periods of time, it could mean that they need additional support.

Please take a moment and ask yourself the following questions.

Does your child:

- ★ Often seem sad, tired, restless, or out of sorts?
- ★ Spend a lot of time alone?
- ★ Have trouble getting along with family, friends and peers?
- ★ Have outbursts of shouting, complaining or crying?
- ★ Have trouble performing or behaving in school?
- ★ Show sudden changes in eating patterns?
- ★ Sleep too much or not enough?
- ★ Have trouble paying attention or concentrating on tasks like homework?
- ★ Seem to have lost interest in hobbies like music or sports?
- ★ Show signs of using drugs and/or alcohol?

If you answered yes to a number of the above questions, and the symptoms have lasted longer than 2 weeks, please consider talking to your child's pediatrician or family physician.

If your child is talking about death or suicide,
please seek assistance immediately.

Source: SAMHSA's National Mental Health Information Center. For more information contact SAMHSA at 1-800-789-2647 or online at www.mentalhealth.samhsa.gov.

Mental Health is Just as Important as Physical Health.

Compliments of Four Winds Hospital Saratoga

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Strength of Heart

and Peace of Mind ★

10 Ways to Strengthen Your Child's Emotional Health

- ♥ Encourage your child to respect others and themselves. Don't say anything to your child that you wouldn't want someone to say to you.
- ♥ Praise your child for displaying values that are important to you. Invite your child to join you in a charitable cause, and recognize their good deeds.
- ♥ Behave the way you want your child to behave. Say "Please" and "Thank You" to everyone, especially your child.
- ♥ Show your child unconditional love & give messages of caring. Treat friends and family with affection, even when you disagree.
- ♥ Accept that Change is a part of living. Share your life experiences, both good and bad.
- ♥ Model empathy as an important character trait. Put yourself in the shoes of others, and encourage your child to do the same.
- ♥ Get to know your children's friends. Invite them for dinner or include them in a family event.
- ♥ Recognize your child's efforts and accomplishments. Hang pictures and post every success. If they are proud – you should be too!
- ♥ Every child has a special ability, Find it! When talking to your child, show that you are interested in their "favorite things".
- ♥ Enhance your lives with humor. Start a family joke or "funny story" book.

Talk to Your Child About Everything They Are Feeling.

Compliments of Four Winds Hospital Saratoga

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Cultivate Happiness and Root Out Stress

Eight Easy Ways to Counteract Stress

Activities

Go for a walk, read, watch a movie, or play a sport.

- Keep a list of your favorite distractions handy. Put the list on the refrigerator, in your wallet, purse etc.

Volunteer

Offer your time or talent to help someone in need.

- Pack up clothing you no longer wear and donate it.

Surprise Someone

Do something surprising or thoughtful for someone.

- Bake a cake for your colleagues or mail a card to a friend.

Connect

Seek out and spend time with those who make you happy.

- Visit or call a family member or friend that you don't see every day.

Perspective

99% of stressors are not a matter of life and death.

- Step back, take a breath and try to see the situation from a different angle.

Emotions

It's hard to experience two emotions at the same time, focus on positive feelings.

- Watch a comedy, listen to upbeat music, or go dancing.

Thoughts

Challenge yourself to think of things in new ways.

- Try a word puzzle or sing the alphabet to a new tune.

Take a Break

Block a stressful situation from your mind by leaving it for a while.

- It's O.K. to daydream...or take a nap!