



Make Your Mental Health a Priority

For Immediate Release

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(Oneida, Wis.) – Spring is here. It’s a time of new beginnings and a great time to reassess your mental health and make it a top priority.

“We all face issues at various points in our lives and that has certainly been amplified by the pandemic that has gripped us for nearly two years,” said Kate Sayers, clinical supervisor at [Oneida Behavioral Health](#). “You may not even realize the stress you’re under as a result of the pandemic. Plus, at this time of year, some people experience the winter blues. When you add in other factors like changes in your life or work, and it can quickly take its toll. That’s why focusing on your mental health now can help improve your life in many ways from managing that stress to lowering your risk of illness and increasing your energy.”

Sayers offers these tips for help you get started toward better mental and physical health:

- Focus on the positives in your life
- Stay connected to those who support you; don’t isolate yourself from others unless it’s a medical necessity.
- Set appropriate goals and priorities. Don’t be afraid to say no to too many activities or doing something you don’t find enjoyable.
- Regular exercise. Even a walk around the block can boost your spirits.
- Eat healthy and stay hydrated. Too much sugar, carbs or fatty foods can take their toll on you mentally and physically. Be sure to have at least eight, 8 oz. glasses of water daily.
- Get the sleep you need. Eight hours of sleep is ideal.
- Explore a relaxing activity or hobby. This will focus your mind on other things, even if it’s just for a little while.

It’s important to make your mental health a priority, but it’s not always possible to get where you need to be on your own. When you find life getting difficult, and it continues for a period of time, it’s important to reach out for help. When should you reach out to a professional? Here are a few signs:

- Difficulty sleeping
- Appetite changes or sudden weight changes
- Loss of concentration and focus
- Less interest in things you love to do; withdrawing from family and friends
- Difficulty performing your regular daily activities

(more)

“If there’s one thing I want people to know it’s that they shouldn’t wait for things to become overwhelming or get to a crisis point before reaching out for help,” Sayers added. “There is help and hope no matter the situation.”

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Oneida Behavioral Health (OBH) offers a wide range of services to members of the Oneida Nation and their families, including individual adult, youth and children’s therapy, ATODA services, suicide prevention, depression awareness, grief counseling and more. Services are provided at locations including the Ka?nikuhli.yo Family Center, Anna John Resident Centered Care Community, Veterans office and Oneida Nation schools.

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