



Spring is a Perfect Opportunity to Reflect on Your Personal Mental Health

By Oneida Behavioral Health

It's spring, and this season is the perfect time for each of us to think about our own personal renewal and sense of wellbeing. In fact, May is National Mental Health Awareness Month, reminding us of the important role our mental health plays in our overall health.

May also happens to mark the two-year anniversary of a traumatic event in our community, the shooting at the Radisson Hotel & Convention Center. Anniversary dates of traumatic events often trigger feelings of anxiety and can lead to periods of depression. A series of smaller stressful situations can do the same. Anxiety and depression can cause feelings of nervousness, worry, dread, sadness, hopelessness or reduced energy.

As you think about your own sense of renewal this spring, if you experience any of the feelings mentioned above, here are some ideas that can have a positive impact on your mental *and* physical health:

- **Keep active and connect with nature** – Creating an exercise habit can help offset the negative effects of chronic stress and can help you concentrate, sleep and feel better. Taking your exercise outdoors can provide a further boost, with natural light, fresh air and the sounds and smells of nature around you.
- **Eat well** – Your body needs high quality nutrients to function at its best. Foods like fresh fruit and vegetables that are good for your physical health are also important for your mental health. It may be tempting to reach for junk food and other high fat foods when you're feeling down, but you'll feel much better reaching for something that is fresh and healthy.
- **Take a break** – Sometimes, a change of scenery or just a few minutes away from your everyday routine can help improve your mood and clear your heart and mind.
- **Do something you love** – Reconnect with the joy in your life by taking the time to do something you love. Getting lost for a short time in a favorite activity or hobby can help restore optimism and give you a sense of comfort.
- **Spend time with friends and family** – Spending time with people who care for you and understand or share your experiences can provide a welcome, safe space to rest and renew.

- **Reach out for help** – If your feelings become overwhelming or are impacting your life, it's time to reach out for help. [Oneida Behavioral Health](#) will connect you with resources in our community to help you process your emotions and refocus on your own renewal and wellbeing. We are here when you need us. Adults over 18, join us on weekdays from 1:00 until 2:30 p.m. for our [Wellness Support Group](#). [Learn more here](#). Or call (920) 490-3790 to start the conversation.

Learn more about Oneida Behavioral Health at <https://oneida-nsn.gov/resources/behavioral-health/>. And, like and follow the [Oneida Comprehensive Health Division Facebook page](#) for behavioral health tips, events, stories, resources and more.