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HSLIC News - LibGuides at University of New Mexico

Mental Health Awareness Month

by David Lucero on May 6th, 2022 | [o Comments](#)

May is Mental Health Awareness Month!

“Mental health refers to our emotional and social well-being and impacts how we think, feel, and behave. It plays a role in connecting with others, making decisions, handling stress, and many other aspects of daily life. Everyone has mental health, and it deserves your attention just as much as your physical health does.” (Mental Health America Twitter - @MentalHealthAM)

Here are some tips to help boost your mental health!

Treat yourself with kindness and respect, avoiding self-criticism

Take care of your body by eating right, drinking plenty of water, exercising, getting enough sleep, and avoiding smoking, vaping, alcohol, and other drugs

Surround yourself with a positive support network of family and friends

Volunteer your time to help someone else

Reduce stress – try meditating, yoga, mindfulness, and/or prayer

Don't overschedule and set realistic goals

Get help when you need it. Seeking help is a sign of strength, not a weakness

(<https://www.mhanational.org/finding-help>)

Want more information? The UNM Health Sciences Center is having a Mental Health Awareness Fair!

A poster for the Mental Health Awareness Fair. The background is a teal-tinted image of a cityscape at night. The title "Mental Health Awareness Fair" is written in large, white, sans-serif font at the top. Below the title is a horizontal white line. Underneath the line, in a smaller white font, is the text: "May is Mental Health Awareness month. HSC Well-Being Coalition would like to showcase the many resources we have to offer and some resources from around the community." At the bottom of the poster, there are two colored rectangular buttons. The left button is yellow and contains the text "Come learn more". The right button is red and contains the text "When: May 20 from 11 a.m. - 2 p.m.".

Mental Health Awareness Fair

May is Mental Health Awareness month. HSC Well-Being Coalition would like to showcase the many resources we have to offer and some resources from around the community.

Come learn more

When: May 20 from 11 a.m. - 2 p.m.

about the resources
the well-being teams
offer exclusively for
you! While you're
here, join us for:

2 p.m.
Where: HSC Commons
(grassy area in front of
HSLIC)
Who: UNMH staff, HSC
staff/faculty, SOM
staff/faculty/students

- ❖ Giveaways
- ❖ Stretch & Walk
- ❖ Circuit Training
- ❖ Pet-a-Pup
- ❖ Live Music
- ❖ Origami & Art
- ❖ Food Truck: With
Love Waffles

UNM CARS
UNM Employee Wellness
UNM Arts in Medicine
Running Medicine
HSC Wellness
SOM Office of Professional Wellbeing
UNMH Employee Well-Being
UNMH Spiritual Care
UNMH DE&I



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0 Comments.