University of New Mexico

UNM Digital Repository

Spring 5-6-2022

20220506_Mental Health Awareness Month

Brandon Carroll
Health Sciences Library and Informatics Center, blcarroll@salud.unm.edu

David Lucero
University of New Mexico, Health Sciences Library and Informatics Center

Follow this and additional works at: https://digitalrepository.unm.edu/blog

Recommended Citation
Carroll, Brandon and David Lucero. "20220506_Mental Health Awareness Month." (2022).
https://digitalrepository.unm.edu/blog/140

HSLIC News - LibGuides at University of New Mexico

Mental Health Awareness Month

by David Lucero on May 6th, 2022 | 0 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!

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

Add a Comment

0 Comments.