

# Keeping Your Mind Healthy!

May is National Mental Health month and, just like it's important to learn about exercise and proper nutrition, it's crucial to learn about ways to keep our mental health positive and strong. According to the US Department of Health & Human Services, half of mental health issues begin before the age of 14 with 1 out of 5 adolescents experiencing a mental health issue during their teen years. Although these statistics may sound intimidating, there are ways we, as a school and community, can combat these problems and promote positive mental health. First, we must learn more about common mental health disorders.

What are common Mental Health disorders?

▶ **Anxiety Disorders:**

Feelings of excessive worrying, uneasiness and fear

Examples: obsessive compulsiveness and social anxiety around peers

▶ **Depression:**

A depressed mood can affect thoughts, feelings, and daily activities (lack of motivation to complete schoolwork, hard time falling asleep and eating too much or too little)

▶ **Attention Deficient-Hyperactivity Disorder (ADHD):**

Behavior that is characterized by continuing inattention and/or hyperactivity-impulsivity that interferes with daily functioning or development

▶ **Eating Disorders:**

Extreme and abnormal eating behaviors, such as eating too little or eating too much

Examples: Anorexia Nervosa, Bulimia, and Binge Eating disorder

**What are ways we can promote and engage in positive mental health to reduce these disorders from occurring?**

**Replace negative habits with positive habits using the “5 – R’s of Positive Thinking”**

▶ **Recognize:**

the triggers related to the bad habit/s

▶ **Replace:**

that habit with a new, healthy one. Look into healthy alternatives to substitute that specific habit

▶ **Remind:**

yourself why you want to change the bad habit and create a new one

▶ **Reward:**

in healthy ways with your new habit. Offer a small reward to yourself for your new habit/routine that boosts positivity

▶ **Reach Out:**

to a friend or family member who wants to break the same habit. Having a buddy who understands your new change and cheers you on along the way is very beneficial.

**Share positivity online!**

Promote positive messaging on your social media accounts. Encourage your peers when they are trying a new healthy habit and you notice it online. Do not gossip or slander your peers on social media.

**Meditation and gratitude are key!**

Whether you enjoy yoga, listening to calm music, or journaling, find an activity that allows you to de-stress and find peace each and every day. Additionally, writing down five things you are grateful for each day can help create positive mental health.

<https://www.hhs.gov/ash/oah/adolescent-development/mental-health/adolescent-mental-health-basics/common-disorders/index.html><https://www.newportacademy.com/resources/mental-health/positivity-teen-mental-health/>



**Lutheran  
Health Network**  
Kosciusko Community Hospital

Kosciusko Community Hospital is owned in part by physicians.

Questions? Call the  
KCH Health & Wellness Center  
**(574) 372-7674**