

TIPS FOR SUPPORTING MENTAL HEALTH

This series is being offered by Bethesda's Adult Clinical Services for individuals eligible for Developmental Services.

Tips for Supporting Your Mental Health

Welcome to Tips for Supporting your Mental Health. We are going to look at how important sleep, exercise and good nutrition are to our mental health. We will also discuss different emotions, and discuss how to begin to identify and manage our emotions.

SLEEP MATTERS:

Sleep is very important to our health. When we sleep a lot of good things happen to our bodies and brain. We will look at how sleep affects our mental health, why it is important to get good sleep, and things we can do to improve our sleep.

EMOTIONS:

Feeling uncomfortable emotions can be distressing and identifying and communicating how we feel can be even more difficult. Join us as we discuss how to begin to identify our emotions, and what we can do to manage our emotions as they arise.

WHEN: Tuesdays
4:30pm - 5:30pm

EXERCISE:

Did you know that keeping active has many benefits for both our mental and physical health? Join us to learn about these benefits as well as about the different ways you can become more active. We will chat about different types of exercise and also about more creative ways for keeping active that do not even seem like exercise!

FOOD AND MOOD:

We know that food can affect our physical health but did you also know food impacts our mental health? Join us to learn more about how our diet affects our mood.

GROUP 1: February 1 - 22
GROUP 2: March 1 - 22

REGISTRATION IS REQUIRED

Please indicate Group 1 or Group 2 when registering.

To register please contact Kim at: kwhittington@bethesdaservices.com

or by calling 1.800.789.1773 ext. 426 and leaving your name and phone number.