



Health Beat

The official Newsletter of IC Parish Nurses and St. James Health Ministry

May is Mental Health Month!

During this month, you may notice more on Facebook or in the news about mental health. **That is because May is mental awareness month!** The focus of this month is to dedicate more time and resources to reduce the stigma and educate people on the reality of mental health.

The National Alliance on Mental Illness (NAMI) campaigns the phrase **"You Are Not Alone"** to show all those dealing with mental illness that they in fact are not alone in their struggles.

The only way to reduce stigma and bias against mental health is **to talk about it!** If the opportunity arises, do not be afraid to share

your story with mental illness because *strength will persist over silence*. Sharing your story will positively impact you as well as help those around you to see **they are not alone**.

Mental illness does not discriminate; it affects all races, genders, and social classes. No matter our background, we can come together to raise awareness for mental health and not discriminate against those who are on their mental health journey.

Facts about Mental Health:

- **1 in 5** US adults experience mental illness
- **1 in 6 youth** experience mental illness
- Less than half who

have mental illness receive treatment

- Suicide is the 2nd leading cause of death for ages 10-34
- **Suicide rates have increased 35% since 1999 and even more during the pandemic!**

Let's all remember to put our mental health first!

Ways to prioritize your mental health:

- ♦ Eat a well balanced diet
- ♦ Get enough sound sleep
- ♦ Regularly exercise
- ♦ Seek out a therapist
- ♦ Participate in activities you enjoy
- ♦ Assess your personal values & boundaries
- ♦ Take time for yourself.

Volume 2, Issue 5

May, 2021

Special points of interest:

- Learn more about mental health
- Pray the Rosary for your mothers, teachers, caregivers, and persons suffering from mental illness
- Learn how to BE CALM as a family

Coming Up....

May IC Parish Nurse Meeting	5/10 6pm
Nurse's Week	5/6- 5/12
St. James Walking Program	M/W 10am



May is for.....



May is a month of many observances!

In May, we celebrate nurses, teachers, mothers, and as Catholics, the Blessed Mother, Mary.

What a great time to re-focus and pray the rosary for each of these observances.

The rosary is a way to practice mindfulness and spirituality. It is a great

way to remember our most Blessed Mother and also pray for those who are special to us and nurture us throughout our lives.—our mothers, our grandmothers, our teachers, our caregivers.

Join us this month as we pray the Rosary!

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www.icclarksburg.com/ic-
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The Health Beat is the Official Newsletter of the IC Parish Nurses and St. James Health Ministry.

The mission of these groups is to enhance the overall health (mind, body, spirit) of our parishioners and community by integrating faith with the practice of nursing.

Our group is comprised of active and retired registered nurses, social workers, health professionals, and lay persons.

While we strive to provide parishioners and community members with up to date health information and education, our services are not meant to replace your health care provider. If you are experiencing problems with your emotional or physical health, we strongly encourage you to reach out to your health care provider to receive the care that you need.

If you need help accessing a health care provider, then we are happy to assist you!



Kids Korner: Mental Health is for Kids Too!

Children's Mental Health Week is May 2nd - 8th.

Mental health is a person's condition related to the well-being of their mind and feelings. ***Your mental health is just as important as your physical health.*** You could be fast and strong, but things like stress and sadness are not good for your body.

The Centers for Disease Control (CDC) believes that ***1 in 5 or 6 children have a mental health disorder.***

Here are some ways to improve your mental health:

- ♦ **Practice self-care:** take some time out of your day to focus on yourself. Play your favorite game, watch TV, read a book, or do something you enjoy. *Make sure you get tasks like chores and homework done first.* Ignoring these jobs can create more stress in your life, which will hurt your mental health if you do this often.
- ♦ **Talk about your problems:** It can benefit your mental health if you reach out to those you trust when you're feeling down or stressed. Trusted people can be your parents, family, friends, teachers, counselors, doctors, nurses, and/or more.
- ♦ **Think out of the box:** There are other stress management activities. You can ***write in a journal***, draw a picture, exercise, take deep breaths, and more!
- ♦ **Live a healthy lifestyle:** eat your fruits and veggies, exercise for at least 1 hour a day, hang-out with your friends/family, get a good night's sleep & practice good hygiene.

*Below is a **BE CALM** card to keep in your pocket to remind yourself of activities to do when you're stressed!*

