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**From Lady Carla's Pen**

May is Mental Health awareness month. One of the themes this year is "Back to the Basics". This encourages each of us to make our mental health a priority. Mental health care is key to overall health. Let's make sure we support one another, practice self-care and get back to basics.



**MENTAL HEALTH AWARENESS MONTH  
MAY 1, - MAY 31, 2022**

Every May, we celebrate National Mental Health Month, a time set aside to recognize individuals with behavioral and mental health conditions as well as acknowledge the people who support them. While raising awareness about mental health has always been critical, now more than ever, it is even more important this year as we navigate our recovery from a global pandemic.

**Differences Between Behavioral and Mental Health**

Even though people often confuse the two, behavioral health is a general term that usually includes mental health. Since behavioral health examines how your habits impact your overall physical and mental wellbeing, behavioral health disorders commonly co-occur with mental health illnesses.

On the other hand, mental health is defined by the World Health Organization as a "state of well-being that allows an individual to reach his or her potential". There are a few factors that contribute to mental health including biology, psychology and life trauma, all of which influence how we cope with stress, interact with others as well as determine our own value within society.

**SELFCARE CORNER**

It's so important to make sure you take good care of your body, mind, and soul every day, not just when you are sick. Learning how to eat right, reduce stress, exercise regularly, and take a time-out when you need it are touchstones of self-care and can help you stay healthy, happy, and resilient.

**Say no to others, and say yes to your self-care.**

Learning to say no is hard; many of us feel obligated to say yes when someone asks for our time or energy. However, if you're already stressed or overworked, saying yes to loved ones or coworkers can lead to burnout, anxiety, and irritability. It may take a little practice, but once you learn how to politely say no, you'll start to feel more self-confident, and you'll have more time for your self-care.

**Upcoming Classes**



Each Saturday March 5<sup>th</sup> - May 28<sup>th</sup>  
10:00 am – 11:30 am. The class will be via zoom. If interested email: [griefministry@msbcministries.org](mailto:griefministry@msbcministries.org)

## Recipe

**Creamy Kale Smoothie**

This smoothie is from the Balanced Gut section of Prevention's Smoothies & Juices. Packed with protein and probiotics, Greek yogurt is a natural gut-health booster.

In a blender, combine:

1 cup coarsely chopped kale

1 1/2 cup frozen pineapple chunks, 1/2 cup plain Greek yogurt

1/2 cup unsweetened almond milk

1 tsp honey

Blend until the mixture is smooth and frothy.

Nutrition (per serving): 296 calories, 8.5 g fat (3 g sat fat), 14 g protein, 45 g carbs (5 g fiber), 36 g sugars (6 g added sugar)

**Free Health Screenings - see below**

April 27, May 25, June 22, and July 27 2022

3:00 pm - 7:00 pm

**FREE Screenings** Open to the Church and Community

- Blood Pressures
- Cholesterol
- Glucose (A1C)
- Height, Weight and BMI calculation
- Colorectal Screening

*Upcoming Events***Women in transition  
Handling Grief & Loss**

**Hosted by: Dr. Carla J. Debnam, MS, DMin,**

Handling Grief & Loss

A zoom series beginning March 12 at 10:00am

3/26, 4/9, 4/23, 5/14, 5/28

**Vaccine Clinic**

Moderna and Pfizer Vaccine Clinic  
1512 Woodlawn Drive (In the Chapel)  
Sunday June 26, 2022

**H.E.A.L.T.H. Ministry Emails**

**H.E.A.L.T.H. Ministry**  
[wellness@msbcministries.org](mailto:wellness@msbcministries.org)

**Never Give Up Never Give In Cancer Support Min.**  
[cancersupport@msbcministries.org](mailto:cancersupport@msbcministries.org)

**Fitness & Nutrition Ministry**  
[wellness@msbcministries.org](mailto:wellness@msbcministries.org)

**Divorce Care/ DC4K**  
[divorcecare@msbcministries.org](mailto:divorcecare@msbcministries.org)

**RAAY'S of Hope (HIV Ministry)**  
[raaysofhope@msbcministries.org](mailto:raaysofhope@msbcministries.org)

**Caregivers Ministry**  
[caregivers@msbcministries.org](mailto:caregivers@msbcministries.org)

**Grief Ministry**  
[griefministry@msbcministries.org](mailto:griefministry@msbcministries.org)