

MONTHLY NEWSLETTER



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MENTAL HEALTH AWARENESS MONTH MAY 1 - MAY 31, 2023



As Mental Health Awareness Month, May is a time to raise awareness of and reduce the stigma surrounding behavioral health issues, as well as highlighting the ways that mental illness and addiction can affect all of us – providers, families, and our society at large. Mental health is essential for a person's overall health. Prevention works, treatment is effective, and people can recover from mental disorders and live full and productive lives.

Mental Health Month raises awareness of trauma and the impact it can have on the physical, emotional, and mental well-being of children, families, and communities. Nearly 450 million people worldwide are currently living with a mental illness, yet nearly two thirds of people with a known mental illness never seek treatment. That includes any mental. behavioral, or emotional disorders such as:

- Anxiety
- Mood disorders, including bipolar disorder

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- Personality disorders
- Psychotic disorders, including schizophrenia
- Trauma
- Eating disorders
- Substance-use disorders
- Depression

May is #MentalHealthMonth and is a good time to #LookWithin and check in on your mental health. It is also a time to #LookAround and adjust your space at home to help you be more productive, reach your goals, and improve your mental health. Learn more: mhanational.org/may and take a free mental health test at mhascreening.org. These suggestions will help you get clarity on your mental health goals.

From Lady Carla's Pen

SELFCARE CORNER

Making time for Self-Care in May.

Taking time for yourself may seem like a luxury, but self-care is an important aspect of good mental health. Let's be honest, sometimes it can be easier to prioritize others. We may feel guilty to prioritize our own needs and set boundaries to be able to do so; however, your needs are also important! You are valued and loved, worthy of taking the time to take care of yourself. Awareness is a key aspect within self-care. First, become aware of what you need. By developing self-awareness, one can learn to observe patterns!

Ongoing Sessions

GRIEF SUPPORT **GROUP** Help and encouragement after the death of a loved one GriefShare is a special weekly seminar and support group designed to help you rebuild your life. We know it hurts, and we want to help. Saturdays 10:00am - 11:30m March 18th - June 10th Morning Star Baptist Church, 410-747-3417 1512 Woodlawn Drive griefsministry @msbcministries.org



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Recipe

Best Green Smoothie Recipe



- Milk: For a creamy smoothie, use cashew milk, oat milk, or almond milk but feel free to use whichever dairy or dairy-free milk you prefer!
- Vegetables: Spinach is such an easy leafy green superfood to incorporate into green smoothies. Plus, those big containers of baby spinach are very budget friendly.
- Fruits: You'll need an apple, avocado, and banana.

Add all the ingredients to a high-powered blender and blend until it's perfectly smooth and creamy. This should only take about 30 seconds!

For more Healthy Recipes, please use the link below from the American Heart Association



https://www.heart.org

Save the Date



Upcoming Events

We have two sessions you can join:



H.E.A.L.T.H. Ministry

wellness@msbcministries.org

Never Give Up Never Give In Cancer Support Min. cancersupport@msbcministries.org

> **Fitness & Nutrition Ministry** wellness@msbcministries.org

Divorce Care/ DC4K divorcecare@msbcministries.org

RAAY'S of Hope (HIV Ministry) raaysofhope@msbcministries.org

Caregivers Ministry caregivers@msbcministries.org

Grief Ministry griefministry@msbcministries.org

