

# The Art of Mental Health

*A Mental Health Newsletter*

Volume 2: Issue 3

## In This Issue:

- Setting Goals
- Ways to take care of your mental health
- Mental Health Awareness Month

## Happy Spring!

We are a little over a month into Spring! How are you feeling?

Last issue, we explored prepping our goals to start in Spring when new beginnings are happening. How did that help during your first quarter?

What are you hoping to accomplish in this next quarter?

## Mental Health Reminders

1. Your feelings are valid, but they are not facts
2. Taking care of your mental health is priority for your overall health
3. It's okay to ask for help
4. Do something to bring you joy, daily.

# May is Mental Health Awareness Month



## Message from Aristia Mosley, LMFT

May is Mental Health Awareness Month. Why is that important? It's a month dedicated to shining a light on mental health and how important it is for our overall health. This month I challenge you to try something new for your mental health. A new coping skill, hobby, or read more on different mental health topics.

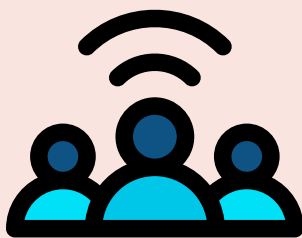
# Taking Care Of Your Mental Health

Here are a few easy ways to take care of your mental health.



1.

Make sure your basic needs are met. Getting enough sleep, drinking water, moving your body, and eating nutritious food.



2. Build a community.

Make sure you are connecting with others consistently. Community and feeling connected are great mental health boosters.

choose  
**GRATI  
TUDE**



3. Practice gratitude. Practicing gratitude can improve your mood, sleep and decrease symptoms of depression, anxiety and other mental health diagnoses.

# Setting Goals

This next quarter  
I want you to use the template below  
to set your goals. If you are confused about the  
template, revisit our previous issue on how  
to set goals.

Remember all goals should follow the “SMART” criteria

Goal 1	Goal 2	Goal 3	Action Items (things you need to do)
YEARLY GOAL 1:	QUARTERLY GOAL 1:	MINI GOAL 1: MINI GOAL 2: MINI GOAL 3:	AI for Mini Goal 1: AI for Mini Goal 2: AI for Mini Goal 3:
YEARLY GOAL 2:	QUARTERLY GOAL 2:	MINI GOAL 1: MINI GOAL 2: MINI GOAL 3:	AI for Mini Goal 1: AI for Mini Goal 2: AI for Mini Goal 3:
YEARLY GOAL 3:	QUARTERLY GOAL 3:	MINI GOAL 1: MINI GOAL 2: MINI GOAL 3:	AI for Mini Goal 1: AI for Mini Goal 2: AI for Mini Goal 3: