

MENTAL HEALTH AWARENESS MONTH

2024

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
Resources Call or text 988 if you or someone you know is struggling or in crisis. Help is available. - Day 4: https://bit.ly/3x8LxDT - Day 11: https://bit.ly/3L3Jk6x - Day 21: https://bit.ly/3vK7R6G			1 May is Mental Health Awareness Month! Visit https://mentalhealth.ny.gov today for resources and set a goal to use this calendar every day this month.	2 Go for a 30-minute nature walk today. Spending time in nature can increase energy levels, reduce depression, and boost well-being!	3 Reach out to someone who makes you smile. Loneliness can take a toll on your mental health and it's important to find meaningful ways to connect with others.	4 Just breathe! Visit the "Day 4" link under "Resources" today to learn different breathing techniques to help you de-stress.
5 Feeling stressed or overwhelmed today? Try to process your feelings by drawing, writing a letter, or making a gratitude list.	6 Enjoy a "calm space" somewhere in your home today. For example, you could light a candle, sit in your favorite chair, and read a good book.	7 Get a good night's sleep tonight to help your mind reset! Aim for 7-8 hours of quality sleep this evening.	8 Make a list of your strengths today! Focus on how great you are to help increase self-confidence.	9 Take some time to blast your favorite song or fun music to watch or fill your mind today! Bonus if you dance along!	10 Have a "mindful meal" today! Try including leafy greens, fatty fish, or avocados in your meal to help improve your mood and overall mental health.	11 Do something you enjoy or discover a new hobby today! Focusing on an activity that makes you happy is a great coping skill.
12 Get active today! Dancing, running, biking, or playing a sport are great ways to get moving.	13 Take a moment to practice gratitude today. List 5 things you're grateful for before going to sleep tonight.	14 Have a healthy snack ready in case hunger strikes today. This will provide you with energy to stay focused throughout the day.	15 Start a new book or podcast today. This can help relieve stress and tension by serving as a temporary distraction.	16 Green is the official color for mental health awareness. Wear green today to advocate for and support mental health!	17 Try some stretches today and feel the tension leaving your body. Just like exercise can reduce stress, so can stretching.	18 Start your day with guided meditation to increase mental health benefits. Check out the "Day 18" 3-minute video under "Resources" to get started today.
19 Compliment or send a "thank you" note to a family member, friend, or coworker today.	20 Take a moment to check in on yourself today. Be sure to make time to unwind and practice self-care!	21 Try progressive muscle relaxation today! Check out the "Day 21" short video under "Resources" and enjoy the feeling of stress leaving your body.	22 Stay hydrated! Drink 64 oz. of water today to help decrease your risk of developing depression or anxiety.	23 Choose a room in your home to declutter today. Bonus if you can donate some items! This can help you clear your mind and feel more connected to your community.	24 Get a "checkup from the neck up" today with a mental health screening at https://bit.ly/3vK7R6G .	25 Mark your calendar! The Get Outdoors (GO) program begins June 3! Read, hike, and win prizes! For more information, contact your local library.
26 Take time to laugh today! Laughter is truly the best medicine. Watch a funny online video, movie, or spend time with someone who makes you laugh.	27 Volunteer your time, give someone a compliment, or perform an act of kindness today. This helps increase the release of oxytocin - the "feel good" hormone.	28 Focus on one small task or goal to accomplish today. Be sure to celebrate with someone when you meet that goal!	29 Go to https://www.mentalhealth.gov today. There are many great tools online to help you improve your mental health. Use the code, "COMMUNITYSERVICES" to try for free!	30 Take a social media break or turn off your phone today. Constant interruptions can raise your stress level.	31 Move for your mental health throughout the day today! Physical activity has an immediate positive impact on the brain, reducing stress and anxiety.	



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Ying Liu



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Handbook of Climate Psychiatry and Psychotherapy Elizabeth Haase, M.D., 2025-04-23 The results of climate change more frequent and intense storms extreme heat and prolonged wildfire seasons among others are leaving a wreckage of socioeconomic consequences for society and future generations Increasingly attention is shifting to the neuropsychiatric damage and emotional effects of the climate crisis including traumas anxiety grief and rage Although a number of books have been written in response they have largely been aimed at the layperson none have been written by physicians to support the day to day work of psychiatrists as they address these symptoms and struggles with their patients The Handbook of Climate Psychiatry and Psychotherapy has been written to fill this gap putting everything the mental health clinician needs to know in one place It provides the science and guidance needed for the psychiatric and psychological response to climate change in a format accessible to office or clinic based mental health clinicians including physicians physician assistants nurse practitioners and allied professionals Divided into four sections this volume includes An introduction to climate justice and the ethics and public health activities of engaging climate change as a psychiatrist An examination of the neuropsychiatric impacts of climate effects such as extreme heat air pollution vector borne illness and food and water insecurity Practical guidance on performing climate informed patient assessments and psychotherapy interventions at individual and group levels A review of the community global institutional research and educational aspects of climate psychiatry Designed for maximum utility for the busy clinician this guide features compelling case vignettes handy tables and key points in each chapter Readers will gain practical tools to assess and address each patient s symptoms and to foster the innate resilience that can lead to positive change

ICT Systems and Sustainability Milan Tuba, Shyam Akashe, Amit Joshi, 2025-10-29 This book proposes new technologies and discusses future solutions for ICT design infrastructures as reflected in high quality papers presented at the 10th International Conference on ICT for Sustainable Development ICT4SD 2025 held in Goa India on 17 19 July 2025 The book covers topics such as big data and data mining data fusion IoT programming toolkits and frameworks green communication systems and network use of ICT in smart cities sensor networks and embedded system network and information security wireless and optical networks security trust and privacy routing and control protocols cognitive radio and networks and natural language processing Bringing together experts from different countries the book explores a range of central issues from an international perspective *Catalog of Copyright Entries. Third Series* Library of Congress. Copyright Office, 1979

The Complete Mental Health Directory, 2001 Sedgwick Press, 2000-10 This is the most comprehensive resource covering the field of behavioral health with critical information for both the layman and the mental health professional For the layman this directory offers understandable descriptions of 25 Mental Health Disorders as well as detailed information on Associations Media Support Groups and Mental Health Facilities For the professional The Complete Mental Health Directory offers critical and comprehensive information on Managed Care Organizations Information Systems

Government Agencies and Provider Organizations This comprehensive volume of needed information will be widely used in any reference collection *National Guide to Funding for Children, Youth and Families*, 1995 **Fundamentals for Public Health Practice** Amanda Holland, Kate Phillips, Michelle Moseley, Lorraine Joomun, 2022-09-23 A comprehensive textbook providing a complete overview of the multifaceted nature of public health practice It explores all aspects of public health from communities and wider society child development and early relationships inequalities in health safeguarding the rapidly changing nature of society and the significance of culture equality and diversity The book takes a life span approach and makes direct links to the UK health and social care context and has been written for an interprofessional audience It will be essential reading for health and social care students including nurses and midwives allied health care professionals social care workers qualified health and social care practitioners and anyone who plays a role in understanding promoting and protecting public health Key features Comprehensive wide ranging coverage Addresses the realities of public health in a globalised world Applied to the UK four nation context but also considers the global dimension of public health practice

Hybrid Healthcare Mussaad Al-Razouki, Sophie Smith, 2022-07-22 This essential book reviews how digital health ventures can be integrated with more traditional techniques to revolutionize the healthcare system Details of the current state of the digital marketplace the available tools for early detection and diagnostics that presently employ digital technologies are provided Relevant aspects of blockchain artificial intelligence including data lake development and data analytics are described The role of regulators and legislation including GDPR are also covered Hybrid Healthcare provides a thorough overview of how digital health entrepreneurs will need to employ a hybrid approach to address many healthcare challenges of the 21st century It is therefore an indispensable resource for all those seeking to develop their knowledge of this rapidly growing sector **CURRENT Medical Diagnosis and Treatment 2026** Maxine A. Papadakis, Michael W. Rabow, Kenneth R. McQuaid, Paul L. Nadler, Erika Leemann Price, 2025-09-12 The 1 annually updated general medicine guide presents the most important diagnostic and treatment recommendations as well as the most useful new clinical developments in every field of adult medicine For more than six decades CURRENT Medical Diagnosis Treatment has been delivering the authoritative information students residents and clinicians need to build their medical knowledge expertise and confidence Written by top experts in their fields this unmatched guide is formatted in a way that enables readers to find the answers they need quickly and easily CURRENT Medical Diagnosis Treatment 2026 reflects the latest developments in medicine guidelines scientific literature and more Readers will find accurate reliable evidence based coverage of more than 1 000 diseases and disorders along with a concise yet thorough synopsis of diagnosis and treatment This trusted classic covers all aspects of outpatient care and includes discussion of new developments and breakthroughs in medicine CURRENT Medical Diagnosis Treatment 2026 features A comprehensive approach to patient care focusing on the diagnostic tools relevant to daily practice Coverage of more than 1 000 diseases and disorders Drug treatment tables for quick access to indexed trade

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Handbook of Sexuality-Related Measures Clive M. Davis,1998-07-15 Fundamental to understanding human sexual expression is reliable and valid measurement and assessment Many instruments have been developed to measure a myriad of sexuality related states traits behaviours and outcomes Few are easily accessible and the information is often limited concerning appropriate use and psychometric properties To counter these problems the Handbook of Sexuality Related Measures reproduces more than 200 instruments accompanied by essential information for their use in research educational and clinical settings Each chapter describes the development and appropriate use of each instrument Reliability and validity data are summarized and referenced Gale's Guide to Nonprofits ,2000 Education and Social Factors María Luisa

Zagalaz-Sánchez, Javier Cachón-Zagalaz, Daniil Shmatkov, María Angélica Castillo Cerda, Paula Queirós, 2023-12-22 **World
Guide to Religious and Spiritual Organizations** Union of International Associations, 1996 *Subject Guide to Books in
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