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Mental health

TAKE IT FROM THE TOP

Message From Megan

Megan Lynam is a Registered Dietitian and the lead Health Coach at Proactive MD.

I think stigma and discrimination are two of the biggest obstacles to having a productive, public dialogue about mental health. So let us start the conversation for you.

Sometimes we can't pinpoint what it is that's making us feel anxious or distressed, and it can be helpful to start evaluating the basics and work our way up.

- Do you have clothing and food?
- Do you have a safe place to live?
- Do you feel fulfilled?

Everybody's experience is unique, so should be the plan for support and self-care. We are not defined by our mental health or illness, just as we are not defined by any other medical diagnosis. And just because you're feeling a certain way now, it does not mean that you will always feel that way.

What is mental health?

"Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices."

Stats that make an impact!

1

1 in 5 adults experience mental illness each year.

2

284 million people suffer from anxiety–the most common mental illness.

3

½ of all mental illness begins by age 14, and ¾ of all mental illness begins by age 24.

4

80% of those treated for depression **show an improvement** in symptoms within 4 to 6 weeks of starting treatment.

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How can you support someone who comes to you about their mental health?

- Listen

- Avoid being judgmental

- Let them know you understand their feelings if you are currently or have previously experienced the same

- Do some research and learn about what you've been told.

- Take them seriously

- Make yourself available to talk again

- Don't turn what you've heard into gossip

At Proactive MD, we promise to always do the above for you!

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Visualizing mental health

Our homes can be a great location to prioritize self-care routines and commit to healthy daily habits. Check out our video to find out all the ways you can maintain your mental health at home!

Minding your thoughts

A great way to deal with overwhelming emotions or tasks is to write them down! Print out this resource for a convenient way to process your thoughts and manage your stress.

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Unwind from online

Using social media can be a great way to learn new information, stay in touch with loved ones, and express your thoughts.

69% of adults and 81% of teens use social media.

However, it also makes us vulnerable to distressing news, self-esteem issues, and pressure to present a perfect life. It is important to unplug and unwind from social media for our mental wellbeing.

Instead of always learning updates about your friends or loved ones through social media, try calling or video chatting with them for an organic experience.

Instead of scrolling aimlessly through posts for hours on end, try reading a new book, journaling about your day, or doing a craft project.

When you start comparing yourself to people you see on social media, try to find ways to incorporate healthy, attainable goals into your lifestyle such as exercising daily, getting out in nature, and trying healthy recipes.

We're checking in!

Have you received your Proactive Health Review? We would like to encourage you to receive your checkup and stay on top of your health!

Did we keep our promise?

We want to ensure that we fulfill our Patient Promise to you every single day. If you have a story of how your care team has fought for your greatest good, we would love to hear it!

Please send your story to **promise@proactive.md.**

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