

Mental Health Awareness Month:

Nourish Your Mind, Body, and Soul

Mental health is deeply connected to our daily habits. By eating well, staying active, and practicing self-care, we can feel more balanced and focused. Here are simple strategies to enhance your emotional well-being:

Eat Mindfully: Mindful eating helps stabilize blood sugar, improve mood, and create a positive relationship with food. Here's how:

- *Balance Your Plate:* Include grains, fruits, vegetables, proteins, and dairy in each meal.
- *Stay Hydrated:* Drink water regularly; add fruit slices or herbs for flavor.
- *Slow Down:* Engage your senses, chew slowly, and savor flavors.
- *Eliminate Distractions:* Turn off the TV and put away your phone while eating.
- *Listen to Your Body:* Eat when hungry and stop when satisfied.

Stay Active: Physical activity releases endorphins, improving mood, and reducing stress.

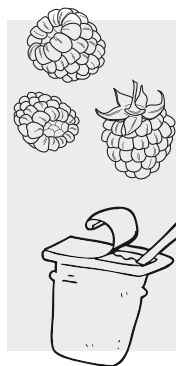
- *Daily Movement:* Aim for 30 minutes of enjoyable activity like walking, dancing, or gardening.
- *Start Small:* Begin with 10-minute sessions and gradually increase time and intensity.
- *Strength Training:* Include exercises to build muscle and support overall health.

Practice Self-Care: Self-care supports emotional balance and reduces stress.

- *Take Breaks:* Stand or move every hour.
- *Relaxation Techniques:* Try deep breathing, meditation, or journaling.
- *Prioritize Sleep:* Ensure you get restful, consistent sleep every night.

Stay Connected: Meaningful connections strengthen emotional health.

- *Spend Quality Time:* Engage with loved ones in person, by phone, or video.
- *Open Up:* Share your feelings with trusted friends or family.



Key Nutrients for Mental Well-Being

- *Omega-3s*(salmon, walnuts): Boost mood and brain health.
- *B Vitamins*(leafy greens, eggs): Support brain function.
- *Magnesium*(almonds, dark chocolate): Manages stress.
- *Probiotics*(yogurt, kefir): Improve gut-brain health.
- *Carbohydrates*(whole grains, fruits): Increase energy and focus.



MAY IS MENTAL HEALTH AWARENESS MONTH!

Can you find these healthy and mindful words in our word search?

D M G C Z E R L A R X C
T E L Q X O U U P F O N
T W A J C F Y K P U Y P
B N D K E K O J R G L A
U Y A E C Z R A E O D O
R F L L J A G E C R N R
U G U L I E L U I J E H
Q Q Z P O B P M A E I G
P R O U D I U Z T P R L
H O S Q K P L J E Y F V
R M C S Z V R I D K X L
C I T S I M I T P O A M



APPRECIATED
CALM
COURAGEOUS
FRIENDLY
GLAD
GLEEFUL
JUBILANT
OPTIMISTIC
PROUD

Dear Meals on Wheels Recipients,

May is Mental Health Awareness Month! We would like to take a moment to encourage each of you to take advantage of the various resources and programs designed to support your well-being, whether it's through nutritional support, social activities, or other services. We are here to ensure you have everything you need to live a healthy and fulfilling life!

Here are some available resources:

- **Area Agencies on Aging (AAA):** Provide services for caregiver support programs such as respite care, counseling, and training for caregivers of seniors, and information about local resources.
- **Texas Health and Human Services Commission (HHSC):** Offers programs such as Medicaid, Medicare assistance, and long-term care services.
- **211 Texas:** A statewide service that connects seniors to various local resources and assistance programs.
- **Aging and Disability Resource Centers (ADRCs):** Help seniors and people with disabilities navigate long-term services and supports.
- **Texas Senior Medicare Patrol (SMP):** Assists seniors in preventing, detecting, and reporting healthcare fraud.
- **Texas Legal Services Center (TLSC):** Offers legal advice and representation for seniors on issues like estate planning, guardianship, and elder abuse.
- **Senior Centers:** Provide social activities, educational programs, and fitness classes.
- **Lifeline Programs:** Offers discounted phone and internet services for low-income seniors.
- **Texas Veterans Commission:** Provides support and benefits for senior veterans.
- **Alzheimer's Association - Texas Chapter:** Offers resources and support for seniors with Alzheimer's and their families.
- **Adult Protective Services (APS):** Protects seniors from abuse, neglect, and exploitation.

Thank you for allowing up to be part of your journey!

Have a Happy & Well May!

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