

# Mental Health Awareness Month 2017

Did you know that 1 in 5 adults in America experience a mental illness? Or, that 1 in 10 young people will experience major depression?

The month of May raises awareness of the issues related to mental health and offers ideas on how to improve mental health.

Challenge yourself to do one thing each day during the month of May to benefit your own mental health and/or someone else's!

<b>May 2017</b>								
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>		
	<b>1</b>  Qi Gong Class (Free)	<b>2</b>  Mid-Day Namaste All-Levels Yoga (Free)	<b>3</b>  Download a meditation app	<b>4</b>  Download a yoga app	<b>5</b>  Mindfulness Class (Free)	<b>6</b>  Yoga Mindfulness for Stress Free Reduction (Free)		
<b>7</b>  Write in or start a journal	<b>8</b>  Create a collage of pictures that make you happy	<b>9</b>  Paint or color a picture	<b>10</b>  Write a poem or short story	<b>11</b>  Yarnology Event	<b>12</b>  Lithium Jesus Speaker (Free)	<b>13</b>  Go to a museum or look online at artwork		
<b>14</b>  Take a hike in a local or state park.	<b>15</b>  Kayak, canoe or paddle board at Lake Lodge	<b>16</b>  Photograph something in nature	<b>17</b>  Go for a bike ride	<b>18</b>  Go fishing	<b>19</b>  Go on a picnic	<b>20</b>  Plant a garden (flowers or veggies)		
<b>21</b>  Make a goody basket for a friend in need	<b>22</b>  Donate to the food shelf	<b>23</b>  Contact Volunteer Services to see how you can help out	<b>24</b>  Donate socks, deodorant, tooth brush, etc. to a homeless shelter	<b>25</b>  Visit with the elderly	<b>26</b>  Volunteer at an animal shelter	<b>27</b>  We Are More Alike Than We Are Different: Unite Winona		
<b>28</b>  Tell a family member or friend a compliment	<b>29</b>  Go on a walk with friends/family	<b>30</b>  Offer to help family/friends with a project	<b>31</b>  Play a board game with family/friends	 <b>HIAWATHA VALLEY</b> <b>MENTAL HEALTH CENTER</b> tressar@hvmhc.org www.hvmhc.org			<b>Solomon's Song</b> <i>We are more alike than different.</i> SolomonsSong@hotmail.com www.SolomonsSong.org	

**Please see the back of the calendar for more details and information on registering for the events!**

## Week 1

Mindfulness has been scientifically proven to have positive effects on reducing stress, depression and anxiety. Explore free mindfulness events this week to see how it benefits you.

### **May 1: Qi Gong Class taught by Paul Stern**

Description: A holistic systems of coordinated body posture and movement, breathing, and meditation. This event is free and registration is not required.

Location and Time: Manitou Center – 686 West 5<sup>th</sup> St, Winona, MN from 12:00-1:00PM

### **May 2: Mid-Day Namaste All-Levels Yoga taught by Mollee Sheehan**

Description: Make a lunch date with a yoga mat! Join Mollee for an all-levels 45-minute slow flow yoga sequence that will help you de-stress, find balance, and connect with your center. This event is free (registration paid by Solomon's Song), registration is not required (maximum 20 participants).

Location and Time: Infinity Yoga Studio – 119 W 3<sup>rd</sup> St, Winona, MN from 12:05-12:50PM

### **May 5th: Basic Mindfulness Teachings taught by Trish Johnson**

Description: Learn simple ways of connecting with your breath and senses as a way of reducing stress, anxiety and worry while accessing ways of finding more comfort and enjoyment in life. No experience necessary.

Location and Time: Manitou Center – 686 West 5<sup>th</sup> St, Winona, MN from 6:30-7:30PM

### **May 6: Yoga Mindfulness for Stress Reduction**

Description: All levels yoga class incorporating movement, breath work, and mindfulness to reduce stress while supporting focus, presence, and connection with self. No experience for this morning class that incorporates movement, breath work, and mindfulness as practices to reduce stress while supporting focus, presence and connection with self. This event is free and registration is not required.

Location and Time: Manitou Center – 686 West 5<sup>th</sup> St, Winona, MN at 10:00AM

## Week 2

Explore your creative side! Creativity and imagination allow the mind to wander and explore – this can be very beneficial for one's mental health and well-being. Try one of the activities on the calendar to explore your creative side or think of your own way to be creative – use your imagination.

### **May 11: Beginning Knitting Class**

Description: Knitting has been shown to offer many health benefits including relieving depression, stress, and anxiety. Solomon's Song is paying the registration fee for a Beginning Knit class at Yarnology. Class size is limited to 12 participants. Call to sign up 507-474-9444

Location and Time: Yarnology 65 E 3rd St, Winona, MN from 6:00-8:00PM

### **May 12: Lithium Jesus Speaker**

Description: Charles Monroe-Kane, author of Lithium Jesus will share his experience with mental illness, substance abuse, faith, and love. He is a Senior Producer and Interviewer for *To the Best of Our Knowledge* on Wisconsin Public Radio. Please note that the discussion will cover various sides of mental illness with honesty and transparency. The discussion will begin at 6:00PM followed by a question and answer session, and will conclude with refreshments and the opportunity to purchase a copy of Lithium Jesus.

Location and Time: Winona County History Center, 160 Johnson St, Winona, MN at 6:00PM

## Week 3

Spending time outside and enjoying nature can have several positive benefits on mental health. Get out and enjoy the spring weather by trying out one of the activities suggested! Try spending at least a few minutes outside to reflect on your day and relax.

## Week 4

Have you ever felt good after helping someone out? Volunteering and helping others has been found to positively impact mental health. Try doing at least one thing to help a family member, friend, or someone in need this week!

### **May 27: We Are More Alike Than We Are Different: Unite Winona**

Description: Be a part of an interactive art project that demonstrates the unity of Winona.

Location and Time: Winona Farmer's Market (Midtown Foods Parking Lot, 126 E 5<sup>th</sup> St, Winona) from 9:00AM – 12:00PM

## Week 5

Mental health can affect relationships between friends, family, co-workers, classmates, and more. Make a point this week of doing something that encourages healthy relationships with someone important in your life.