

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!

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