



Health Focus



May 2015: Mental Health Awareness Month

MENTAL HEALTH AWARENESS MONTH



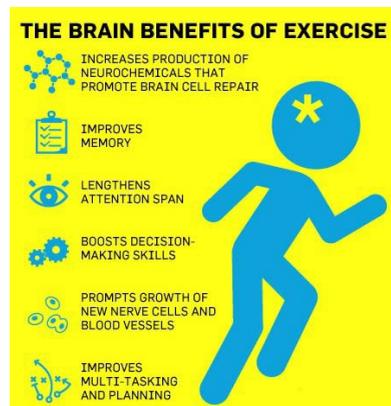
Almost everyone experiences some type of mental difficulty in their lives. Learn the facts on depression, common warning signs, and ways to be there for a loved one or a friend who may be going through a difficult time. Removing stigma from mental health can greatly improve the chances of those struggling to seek help.

[Read more on Raising Mental Health Awareness](#)

May 28th

Alexa will be doing a demo and providing food samples and information in CEAP's Lobby!

Exercise for mental health! Individuals with mental illnesses have a greater chance of developing medical illnesses. Studies have shown that regular aerobic activity greatly decreases symptoms of anxiety and depression. Being active also boosts endorphins, which are feel good hormones in the brain. Getting enough exercise is not only important for mental health but physical health and overall well-being.



[Read more on Exercise and Mental Illness](#)

Stop by CEAP's Health Table

Stop by CEAP's health table at the Brooklyn Center office for free handouts, recipes, and information on the monthly focus.



Anxiety is common among children and adults. It is normal to experience some general anxiety from time to time, but when it starts to control aspects of your life, learning some relaxation techniques can help.

[Read more on Relaxation Techniques](#)

Featured Recipes

Brain Power Salad, Honey Salmon in Foil, and Guacamole

These delicious meals are also healthy and good for your brain.

Click here for the recipe: [Brain Power Salad](#)
[Honey Salmon in Foil](#)
[Guacamole](#)



HEALTHY FUN FACT

Around 20% of children and adolescents worldwide have mental disorders or problems.

Worth the Read!

There are simple, day to day activities you can do to boost your brain power. Read below on how meditation, exercise, naps and more can benefit your brain!

http://www.huffingtonpost.com/belle-beth-cooper/10-surprising-things-that-benefit-our-brains_b_4275770.html

