May is Mental Health Month!

*Fitness #4Mind4Body* Theme Highlights Importance of Physical Health in Achieving Balanced Mental Health

This year, the Academic and Staff Assistance Program (ASAP) has teamed with Mental Health America for *May is Mental Health Month*. This Initiative was started 69 years ago by the national organization, Mental Health America, to raise awareness about mental health conditions and the importance of good mental health for everyone.

When you or someone you love is dealing with a mental health concern, sometimes it’s a lot to handle. It’s important to remember that mental health is essential to everyone’s overall health and well-being, and mental illnesses are common and treatable.

So much of what we do physically impacts us mentally. That is why this year’s theme for *May is Mental Health Month – Fitness #4Mind4Body* – is a call to pay attention to both your physical health and your mental health, which can help achieve overall wellness and set you on a path to recovery.

This *May is Mental Health Month*, we are focused on how a healthy lifestyle may help prevent the onset or worsening of mental health conditions, as well as heart disease, diabetes, obesity and other chronic health problems. It can also help people recover from these conditions. Eating healthy foods, managing stress, exercising, and getting enough sleep can go a long way in making you both physically and mentally healthy.

MHA has developed a series of fact sheets on the importance of exercise, diet and nutrition, gut health, sleep, and stress management. Also new this year is the #4Mind4Body Challenge, where we call on everyone to join us in completing a small task each day during the month of May – and tell us about it on social media using #4Mind4Body.

For more information on *May is Mental Health Month* and the #4Mind4Body challenge please visit the ASAP webpage at [www.hr.ucsb.edu/asap](http://www.hr.ucsb.edu/asap).

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