

Promoting Mental Wellness



Promoting mental wellness continues to be important, especially since 1 in 5 U.S. adults experience mental illness each year. That means you probably know someone in your congregation or community who is struggling with a mental health condition.

During Mental Wellness Month in January—and year-round—share the following suggestions in your sermons, bulletins, social media sites, and other outlets:

Tips to enhance your mental wellness:

- Seek professional help if you are experiencing stress, anxiety, and other mental health conditions
- Practice gratitude
- Strengthen your connections with friends, family, and other members of your congregation and community
- Exercise
- Volunteer and help others
- Get enough sleep
- Eat a nutritious diet
- Find time for hobbies and other enjoyable activities

Sources

[January is Mental Wellness Month](#)

[Mental Health By the Numbers](#)

[What Is Mental Health?](#)

[What is Mental Wellness?](#)