

Mental Health Awareness Month – May 2022

Each year millions of Americans face the reality of living with a mental illness. Mental Health Awareness Month is a nationally recognized effort to raise awareness about mental illness.



Tips for Reducing Stress & Improving Sleep

There are ways for you to improve your mental health by reducing anxiety, depression, and negative moods. Try out these stress challenge tips to help you recharge:



Stress: *Stress Eating*

Solution: *Create a Plan*

In times of stress, your body makes more cortisol, a chemical that helps you deal with situations. It also increases your desire to eat. To avoid overeating, create a plan. What will you do when you feel the urge to eat in response to stress? You might text a friend, watch a comedy clip, take a walk, or exercise. Having an alternative way to feel better is key.

Stress: *Mood Swings*

Solution: *Maintain a Regular Sleep Schedule*

Getting between 7-8 hours of rest each night will help stabilize your mood. If you're sleeping too much or too little, try going to bed and waking up at the same time every day. Too wired to fall asleep. Experiment with a relaxing bedtime ritual. Doing the same soothing activity every night before bed can help you relax and drift off.

Stress: *Elevated Blood Pressure & Heart Rate*

Solution: *Try Really Taking a Deep Breath*

Researchers suspect our reluctance to breathe deeply may be due to our tendency to hold in our stomachs, instead of letting our bellies expand naturally when we inhale. Push past that reluctance, and you can successfully counteract your stress response: Deep "belly breathing" switches you to lowering your blood pressure and heart rate.



Omada Health can help better health, one step at a time. Whatever 'healthy' means to you Omada helps you get there. Available to all benefit eligible employees All at no cost.

What you'll get with Omada:

- Dedicated health coach & care team
- All the smart health devices you need
- Interactive weekly lessons

[Get Started](#)

Online Resources



Online Meditation and Mindfulness

[View an Introduction to Meditation](#) – This prerecorded session allows you to meditate at any time.

What is Mindfulness? Begin practice using attention training. Sessions occur every Monday. [View Event Details](#)

Friday Mindfulness – [View Event Details](#)



Webinar: Employee Assistance Program: Stress Management

Date: May 11

Time: 12pm to 1pm

Balancing the time and energy needed for your job, yourself, and others is a constant struggle that can cause a great deal of stress. This seminar will help participants evaluate the ways in which their lives may be out of balance. Participants will learn how to rebalance their life and the stressors they face. [Register](#)

Ongoing Support & Resources for Mental Health Awareness

- [UTSW Cares for You](#)
- [Help in Crisis \(Employee Assistance Program\)](#)
- [MDLIVE Behavioral Telehealth](#)
- [UT Southwestern Office of Faculty Wellness](#)
- [UTSW Psychiatry and Psychology Outpatient Clinic](#)
- [SCCC Spiritual Support](#)