

May

2021

Mental Health Awareness



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.

Ways to Recharge Your Mind

Helpful tips to [recharge](#) your mind

Take the “Renew” Challenge

Renew is a 4-week program to reinvigorate your mind and body, clarify purpose, and strengthen relationships. It offers strategies for all aspects of well-being – physical, mental, social, and emotional.

[Watch the introduction video](#) and [register](#) to take the challenge.

Registration: May 19-31

Challenge: May 24-June 20

Wear Green Day

In support of Mental Health Awareness day, Wear Green Day is on **May 21**. Have fun with your colleagues and post your pics on [Yammer](#) using the #EAP and #Wellness tags.

Office of Faculty Wellness “Cares for You”

- [Evexia](#): Free wellness self-monitoring tool
- May 14 – Informational table
 - 10 a.m.-2 p.m. on South Campus (in front of the cafeteria)
- May 21 – Informational table
 - 10 a.m.-2 p.m. at CUH (outside by ER)
- May 21 – Therapy dogs
 - 10 a.m.-2 p.m. at CUH (outside by ER)

Focus on your Mind and Body

Online Yoga

- Coordinate movement with breath to flow through a sequence of poses in an open class that builds muscle strength and soothes the mind. Click [here](#) to register.
- Reduce your stress with a relaxing [yoga](#) class

Online Meditation

- Introduction to Meditation – This prerecorded session allows you to meditate at any time. Click [here](#) to begin your meditation.
- Stay centered and calm your mind with this 15-minute meditation class. Click [here](#) to register.
- What is Mindfulness? Begin practice using attention training. Sessions occur every Monday. Go to the UTSW [Localist](#) events calendar to join.
- Friday Mindfulness – Sessions occur every Friday. Go to the UTSW [Localist](#) events calendar to join.

Best Mental Health Apps of 2021

- Mindful meditation: [Centered](#)
- Mood: Mind Shift (Free [iOS](#) and [Android](#))
- Fun: Happify (Free [iOS](#) and [Android](#))
- Help with depression, anxiety, and stress: What's Up (Free [iOS](#) and [Android](#))
- Quit habits: Quit That! – Habit Tracker (Free [iOS](#) and [Android](#))
- Anxiety: Self-Help for Anxiety Management (Free [iOS](#) and [Android](#))
- Meditation: Headspace (\$12.99/month or \$9.99/year for Students on [iOS](#) and [Android](#))

Mental Wellness Toolkit

Provide self-help tools, information, and resources to assist employees with coping and managing unhealthy emotional responses caused by reintegrating into the workplace during the COVID-19 pandemic.

- View the Employee Assistance Program [mental health resources](#)

Visual Imagery

Tips on how to use [mental imagery](#) to place your body in a relaxed state

Why adult coloring can relax your brain

How [coloring](#) can help relax your mind

Physical Activity

Exercise improves mental health by reducing anxiety, depression, and negative moods. Try out these online classes to help you recharge:

- Athletic conditioning – [Register](#) to push your cardio to new limits
- Band Burn – A cross between Pilates and Barre. Resistance band required. [Register](#) now for this experience.
- Audio outdoor walking – [Register](#) for an energizing 30-minute audio outdoor walking class
- Audio outdoor running – [Register](#) for an efficient and smart 30-minute outdoor run class

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](#)