



# Junior Officer Advisory Group

## Readiness & Deployment Committee

### Behavioral Health Team

# Practicing Wellness

June 2023

## Mental Health Reset: Striving for Stability

Submitted by: LCDR Keisha Bryan, LCSW-C, BCD and LCDR India Johns, DrPH, LCSW-C, BCD

Mental health awareness should be observed 365 days of the year. As many factors impact your overall health, I challenge you to examine your world and determine how it is affecting your daily mood and overall physical and emotional health. Your mental health influences how you feel, think, and interact in your daily life. It also affects your ability to cope with daily stressors, overcome challenges, build and sustain relationships, and recover from life's setbacks and hardships.

### Signs of being mentally healthy includes:

- Having a sense of contentment
- Enjoyment for living, ability to laugh, and just have fun in each moment.
- The ability to bounce back from stress and adversity.
- Having a sense of purpose and passion, in work, relationships, and hobbies.
- Having the flexibility to go with the flow, adapt and embrace the fact that change is constant.
- Having a balance and appreciation for work and life.
- Building, fostering, and sustaining meaningful relationships.

### Six Keys to Mental Health

- *Social Connection:* Maintaining meaningful and intentional interactions with family and friends.
- *Staying Active:* The American Heart Association recommends 150 minutes of physical activity per week for adults.
- *Managing Stress:* Make time to unwind from work, practice self-care, utilize relaxation apps, and connect with your support system.
- *Brain-Health Diet:* [Mayo Clinic Minute: Can the MIND diet improve brain health? - Mayo Clinic News Network](#)
- *Quality Sleep:* Maintaining a consistent sleep schedule and obtaining a minimum of seven hours of sleep each night.
- *Meaning & Purpose:* Identify and reflect on what matters most to you, recognize your strengths and passion, and develop positive self-affirmations.

### Mental Health Resources

- The NAMI HelpLine can be reached Monday through Friday, 10 a.m. – 10 p.m., ET. Call [1-800-950-NAMI \(6264\)](tel:1-800-950-NAMI), text "HelpLine" to [62640](tel:62640) or email [helpline@nami.org](mailto:helpline@nami.org)
- NAMI Support Groups: [https://www.nami.org/support-education/support-groups?utm\\_source=marketing&utm\\_medium=all&utm\\_campaign=kohls](https://www.nami.org/support-education/support-groups?utm_source=marketing&utm_medium=all&utm_campaign=kohls)

Resources: [Home | NAMI: National Alliance on Mental Illness](#), [American Heart Association Recommendations for Physical Activity in Adults and Kids | American Heart Association](#), and [Mayo Clinic Minute: Can the MIND diet improve brain health? - Mayo Clinic News Network](#)