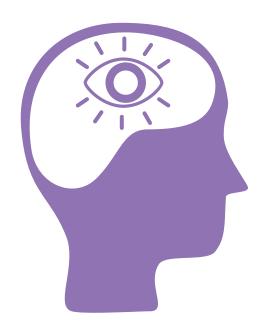# World Mental Health Day (October 10th)

What is Mental Health?

Mental health is a person's condition in regard to their psychological, emotional and social well-being. Our mental state can affect how we handle stress, make choices, and interact with others. More often, people are finding themselves unwinding from a stressful day by reaching for a glass of wine, watching television, or scrolling on social media. Brainless activity is helpful sometimes, but can often lead to feelings of emptiness and even more boredom. Coping with stress in positive ways will help make you and the people you care about, stronger.

What are you doing for your mental health?

1. Talk With a Licensed Professional

Currently 40 million individuals are struggling with anxiety in the United States, yet only 36.9% are seeking help. Meeting with a licensed therapist can help you understand what you are feeling and how to cope.

2. Connect With Others

Reach out to friends and family about your mental health struggles. Having a reliable support network can promote feelings of belonging. However, you don't have to limit your connections to friend and family. Volunteering is a wonderful way to promote social connection while making a positive impact on your community.

3. Stay Physically Active

Physical activity is a natural and effective anti-anxiety treatment. Exercise relieves stress, boosts physical and mental energy, and enhances well-being through the release of endorphins. Exercise also immediately boosts the brain's dopamine, norepinephrine, and serotonin levels, all of which improve focus and attention.

4. Develop Coping Skills

When you are faced with stressors how do you respond? How we cope with stress plays an important role in mental health. Practicing deep breathing, going for a walk, calling a friend or caring for your pet are a few positive ways to cope with stress. Try these techniques when you are faced with high stress situations.

Source: https://www.mentalhealth.gov//

Holtyn & Associates