



How Are You Feeling Today?

There are times in our lives when we feel good about ourselves, and there are other times when we don't feel so good. We may feel stressed and overburdened by responsibilities and too many things to do, or we may feel emotionally "flat" and uninterested in the world around us. Although it's not realistic to expect to feel good about ourselves all the time, there are many things we can do to improve our sense of well being.

Have friends with whom you can talk.

Having friends to care about and who care about us makes us feel accepted. Being able to talk to people about our feelings can help relieve stress and anxiety at difficult times. Friends are particularly important if you have no family living close to you. Even if you're very busy, it's important to make time to see friends. If you don't have friends, community organizations and church organizations are good ways to meet people. Community health centers or local councils can provide information about group activities in your area.

Eat healthy food and enjoy a walk.

When we're stressed we often feel we don't have time to worry about nutritious food and regular exercise. But it's during times of stress that these things are especially important. Regular exercise not only makes your body feel good, it improves your mood and helps you sleep better. Our physical and emotional health are closely linked, and by caring for one, we help the other.

Find time to relax.

"I've forgotten how to relax," a friend said the other day. "I'm so used to rushing around every day, I find it hard to stop." But we all need to "switch off" for a while from the demands on our time and energy. Like food and exercise, relaxation improves both physical and emotional wellbeing. Find ways to relax that work for you and use them regularly. It could be having a long bath, for example, listening to music, cooking or sewing for pleasure, playing a sport, taking a leisurely walk around the shops, meditation, or just spending time alone with your thoughts. If you find it difficult to "switch off" and relax, ask your local community mental health center about any relaxation courses available in your area.

Get help if you need it.

Some problems are hard to deal with by yourself. Sometimes talking to a friend or minister can help you see things more clearly. Or just having someone to listen to you makes you feel better. Sometimes it's good to talk to a health professional who is specially trained to help people cope with problems.

Source: New South Wales Health

**To find help, contact AltaPointe at (251) 450-2211.
Go online to AltaPointe.org for more information about mental illness.**