



Crystal Run
50 Village, Inc.
of
Years *Life-Changing Opportunity*

Public Relations Department
601 Stony Ford Rd. Middletown, NY 10941
Phone: 845-692-4444, x-2547 Fax: 845-695-2570
www.crvl.org

News

For Immediate Release: April 20, 2010
Contact: Christine A. Knickerbocker
Public Relations 845-695-2547
Email: Christine.Knickerbocker@crvl.org

May is Mental Health Month

The tradition of celebrating “May is Mental Health Month” continues with a challenge from Mental Health America, a leading mental health advocacy organization, with its national public education campaign “Live Your Life Well”. Live Your Life WellSM is dedicated to encouraging people to be proactive in protecting their mental health, both in the face of daily stress and in times of great personal hardship.

The Live Your Life WellSM program details 10 evidence based tools and many of their benefits, including:

- **Connect with Others.** Research suggests people who feel connected are happier and healthier - may live longer.
- **Stay Positive.** People who regularly focus on the positive in their lives are less upset by painful memories.
- **Get Physically Active.** Exercise relieves tense muscles, improves mood and sleep, and increases energy/strength.
- **Help Others.** Research suggests that those who consistently help other people experience less depression, greater calm and fewer pains.
- **Get Enough Rest.** People who don't get enough sleep face a number of possible health risks, including weight gain, decreased memory, impaired driving and heart problems.
- **Create Joy and Satisfaction.** Positive emotions can boost a person's ability to bounce back from stress.
- **Eat Well.** Eating healthy food and regular meals can increase energy, lower the risk of developing certain diseases and influence mood.
- **Take Care of Your Spirit.** People who have strong spiritual lives may be healthier and live longer. Spirituality seems to cut the stress that can contribute to disease.
- **Deal Better with Hard Times.** People who get support, problem-solve or focus on the positives in their lives are likely to handle tough times better.

Get Professional Help if You Need It. If the problems in life are stopping a person from functioning well or feeling good, professional help can make a big difference.

Visit the Live Your Life WellSM website at www.mentalhealthamerica.net to find more resources that can help make everyday life better. Written in easy to understand language, the program offers suggestions from behavioral health experts to build resiliency and well-being. Mental Health America has compiled the information from decades of behavioral and medical research, often conducted at major universities or funded by government agencies. For over 100 years, Mental Health America, formerly known as the National Mental Health Association, has been helping people live mentally healthier lives. With more than 300 affiliates nationwide, the organization represents a growing interest in mental wellness for the health and well-being of all Americans.

For information and help in locating mental health resources in the Mid-Hudson Valley Region contact: the Mental Health Associations located in Orange or Rockland Counties, the Community Services Department in Sullivan County or the Department of Mental Health located in your county of residence.