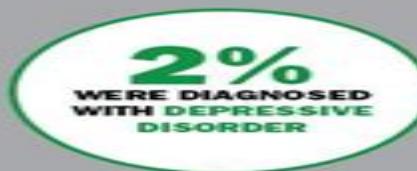
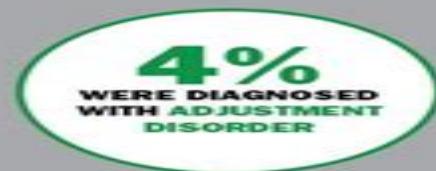


# MAY IS MENTAL HEALTH AWARENESS MONTH



Mental Health Awareness Month is a time to raise awareness of the importance of mental health and wellness. It is also an opportunity to fight stigma and promote support for individuals with mental health concerns as well as for their support systems.

Based on Military Health System data for a yearly average of 1.5 million active duty service members (2017–2021) about:



## HOW CAN I DEFEND MY MENTAL HEALTH?



### PROTECT

Even practicing a few of these habits daily can build coping skills by increasing:

- Exercise
- Balanced nutrition
- Quality sleep
- Relaxation and meditation
- Goal setting
- Social support connections



### SEEK HELP

There are many different professionals and resources available, including:

- Counselors
- Chaplains
- Social workers
- Behavioral health consultants
- Psychologists
- Psychiatrists
- Psychiatric nurse practitioners



### OPTIMIZE

These practices and strategies may enhance your mental health and improve quality of life:

- Practice mindfulness
- Journaling and creative expression
- Challenge negative thinking
- Find meaning in everything you do

# Mental Health Tips 2025

## **Peakstate Protocols**

## **Mental Health Tips 2025:**

**The Myth of Aging** Arnold Gilberg MD, Jon Land, 2026-01-13 Arnold Gilberg MD a Distinguished Life Fellow of the American Psychiatric Association has treated thousands of patients in his Los Angeles based practice. Now the so called psychiatrist to the stars wants to put his six decades of experience to good use by offering a prescription for happiness and fulfillment aimed mostly at those enjoying what should be the happiest years of their lives. Dr Gilberg who himself became an ordained rabbi later in life and is still practicing psychiatry as an octogenarian offers a model for finding the joy and energy to speed up instead of slow down. In *The Myth of Aging* he covers a range of topics that center on the inevitabilities along with the boundless possibilities of life, believing wholeheartedly that being whatever and whoever you want is not reserved exclusively for the youngest among us. Dr Gilberg brings his clinical experience to the table to help people create positive changes in their lives. Because you're never too old not only to dream but also to see those dreams come true. **Burnout**

**Recovery: The 7-Day Reset to Beat Stress & Exhaustion, Boost Energy & Regain Mental Clarity** Peakstate Protocols, 101-01-01 How to Recover From Burnout in 7 Days Without Meds Expensive Retreats or Giving Up. Feeling tired before your day even starts. Struggling to concentrate, sleep or feel any real motivation. Wondering if you'll ever get your energy back. You're not lazy and you're not broken. You're probably just burnt out and it's more common than you think. This guide is perfect for high performers, entrepreneurs, professionals and business owners who've been running at 120% for too long. Forget vague advice like just take a break. That doesn't work when your calendar's full, people rely on you and you still need to perform. This is a realistic science-backed 7-day reset plan to help you recover without meds, expensive retreats or giving up your goals. Inside, you'll discover why burnout isn't just stress and how to spot it before it spirals (p 14). The 5 types of burnout and which one is silently draining you (p 19). A done-for-you burnout recovery plan with daily tools to get your energy back fast (p 53). How to fix brain fog and reclaim your focus and productivity (p 65). Energy recovery tools that boost physical and mental energy using 10-minute lifestyle shifts (p 112). Breathing techniques and desk yoga to calm your nervous system in 5 minutes or less (p 101). Proven strategies to prevent burnout from coming back even during busy seasons (p 145). A daily and weekly check-in system to track your progress (p 86). The 1 mindset trap keeping high achievers stuck in exhaustion and how to break it. Reset Stress with our structured plan designed to reduce overwhelm, build resilience and bring back clarity especially for entrepreneurs and professionals. Beat Burnout using a system built for those who can't afford to stop. Regain your mental sharpness, drive and stability fast. This isn't fluff. It's a strategic burnout recovery protocol tailored to help you reset, rebuild and perform again at your highest level. Bonuses included: Burnout Self-Assessment Quiz, 10 Office Yoga Poses, 10 Breathing Techniques, Guided Journal Prompts to Reflect, Track Progress. All of this and much more. Whether you're mentally exhausted, emotionally flat or physically drained, this book is your shortcut to feeling focused, energized and in control again. Click Add to Cart and start your 7-day burnout recovery reset today. **Digital Games eBook** GURMEET

SINGH DANG, Working with Dissociation in Clinical Practice Helena A. Crockford, Melanie Goodwin, Paul Langthorne, 2026-01-28 Working with Dissociation in Clinical Practice brings together current literature and the contributing authors professional and lived experiences to provide practical recommendations for supporting the mental health and wellbeing of individuals with dissociative difficulties. Readers will benefit from learning how to apply this advice for best practice to a range of settings and client groups ensuring more positive service user outcomes. Written in dialogue between experts by training and experts by experience this essential edited volume covers practical strategies for practitioners working with dissociative clients. Authors address areas such as common misconceptions, assessment, co-morbidity, risk management and providing care and therapy within a trauma informed and multi-disciplinary context. The book further explores support for dissociation within more specialist clinical areas tailoring guidance to a range of client groups including children, older people, those with learning disabilities and those in forensic settings. It provides guidance for health systems and organisations to become more dissociation aware within existing frameworks for trauma informed care. This book is a compelling read for clinical psychologists, other psychological and mental health practitioners, people with lived experience of dissociative difficulties and those who support them.

*Fashion eBook* GURMEET SINGH DANG, **Journal of the House of Representatives of the Commonwealth of Massachusetts** Massachusetts. General Court. House of

Representatives, 1979 **Your Mind Matters - 2025 Edition** Stephen Finnegan, 2024-08-20 YOUR MIND MATTERS 2025 Edition Your Mind Matters A Comprehensive Guide to Mental Health Across Every Stage of Life 2025 Edition In today's fast-paced world, understanding and prioritising mental health has never been more important. Your Mind Matters is your essential guide to navigating the complexities of mental wellness throughout every phase of life. Whether you're a parent nurturing your child's emotional development, an adult balancing the demands of career and relationships, or an elder seeking peace and fulfillment, this book offers the insights and practical advice you need to thrive. Covering mental health from infancy to elderhood, Your Mind Matters explores the unique challenges and growth opportunities at each stage of life. With a focus on real world strategies, this guide provides actionable tips, mindfulness practices, and expert advice to help you build resilience, enhance emotional intelligence, and foster a healthier, more balanced mindset. Inside, you'll find Early Life and Childhood Strategies for fostering a strong emotional foundation in children; Teenage Years Guidance on navigating the emotional ups and downs of adolescence; Adulthood Tools for managing stress, relationships, and career challenges with clarity and confidence; Later Life Insights into maintaining mental sharpness, finding purpose, and embracing the joys of aging. This 2025 edition includes the latest research and trends in mental health, ensuring you have the most current tools and knowledge at your fingertips. Your Mind Matters is not just a book; it's your trusted companion for achieving lifelong mental wellness and leading a fulfilling, balanced life. Giving a multitude of ideas and strategies for a better life, Take the first step toward a healthier mind and a better life because your mind truly matters at every stage of life. This book is easy to follow.

with practical advice and tips for a healthier mental health lifestyle *Tintinalli's Emergency Medicine: A Comprehensive Study Guide, 9th edition* Judith E. Tintinalli, O. John Ma, Donald Yealy, Garth D. Meckler, J. Stephan Stapczynski, David M. Cline, Stephen H. Thomas, 2019-10-22 Publisher's Note Products purchased from Third Party sellers are not guaranteed by the publisher for quality authenticity or access to any online entitlements included with the product. The long awaited new edition of the world's most widely used and highly regarded textbook and reference of emergency medicine A Doody's Core Title for 2019 Tintinalli's Emergency Medicine is THE essential resource for everyone working in and teaching emergency medicine. The Ninth Edition provides the depth and breadth of coverage that reflects the complexity and expertise needed to practice emergency medicine in today's fast paced environments. This comprehensive text is an important clinical resource for physicians, residents and students, advance practice providers, emergency nurses, EMTs and paramedics. It is a necessary resource for in training and board examinations and recertification. Tintinalli's Emergency Medicine covers everything from prehospital care, disaster preparedness and basic and advanced resuscitative techniques to all the significant medical, traumatic and environmental conditions requiring emergency treatment in adults, children and neonates. Highlights of the Ninth Edition: Full color design with more tables than ever to succinctly present key information. Extensive updates to all sections incorporating the latest clinical and evidence based information. Online access to over 100 videos covering a wide range of diagnostic and therapeutic procedures and POCUS for obstetric, gynecologic, pediatric, musculoskeletal and vascular conditions. World class pediatric section on the care of neonates, infants and children. Expanded chapters on the management of gynecologic and obstetric conditions and emergencies. Updated information on toxicologic and environmental emergencies. Contemporary, concise discussion of ED identification and treatment of opioid use disorders. Updated information on procedural sedation. Expert advice on the management and care of transgender patients. Latest information available on neurologic and cardiac emergencies. From the reviews of the seventh edition: Collectively they have once again produced an excellent text that manages to cover the broad scope of emergency medicine while remaining an easily readable and practical resource. Last for the inevitable comparison of this current edition of Tintinalli's Emergency Medicine with other available emergency medicine textbooks available in my opinion Tintinalli's still comes out on top. It is more concise and easier to read than some yet it covers the breadth of emergency medicine practice more comprehensively than others. Just as previous editions did the seventh presents all of the most pertinent and up to date information in a well organized format that is comprehensive yet easy to read. That and many of the attractive new features in this current edition will ensure its place on my bookshelf for years to come. JAMA Vertical File Index, 2002 **Medical and Health Information Directory, Vol. 2** Gale, Gale Group, 2004-09 **365 Health Hints** Don R. Powell, 1999 Now more than ever people are taking an active role in their health care. Written in an easy to read tip a day format this comprehensive guide offers up to date methods to ward off major illnesses before they start and helps readers make informed medical decisions. Short and practical entries provide

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