

# 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:

**4%**

WERE DIAGNOSED  
WITH ADJUSTMENT  
DISORDER

**2%**

WERE DIAGNOSED  
WITH ANXIETY  
DISORDER

**2%**

WERE DIAGNOSED  
WITH DEPRESSIVE  
DISORDER

**1%**

WERE DIAGNOSED  
WITH POSTTRAUMATIC  
STRESS DISORDER

## 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 *The Secondary Educator's CTE Toolkit*

Samantha Shane,2026-02-25 This book equips secondary Career and Technical Education CTE teachers with strategies and information to create rigorous meaningful and comprehensive CTE programs supporting educators in traditional work based learning programs as well as schools looking to infuse career programming into their curriculum It is also designed to guide both teachers moving into CTE from other subject areas and industry professionals entering the field from an alternative certification program Each chapter is infused with a myriad of strategies for teachers to make your classroom career ready drawing on 21st century classroom curriculum design Each topic introduced from assessment collaborating with community partners and school stakeholders work based experiences and more includes an introduction several instructional suggestions a teacher spotlight demonstrating the strategies in action and discussion questions for individual or book study use Sample lessons projects and interviews with experts supplement the chapters Whether you re a current CTE teacher or just looking to infuse career ready material into existing secondary curriculum this resource can help you create meaningful CTE learning to prepare your students for their world after your classroom

**Digital Games eBook** GURMEET SINGH DANG, **Studying for your Social Work Apprenticeship** Laura James,2026-01-08 This book is the first to support

apprentices in navigating the Social Work Apprenticeship journey and developing the knowledge and skills necessary to become confident social workers **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

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**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 remedies for everyday ailments such as headaches insomnia cold sores bronchitis constipation sore throat warts fever back pain and hiccups With a focus on prevention this reference also enlightens consumers about major medical conditions such as coronary heart disease cancer high blood pressure Alzheimer's Disease diabetes emphysema stroke and Parkinson's Disease Experts reveal how to stay healthy through nutritious eating smart exercise stress reduction weight loss overcoming smoking and other addictions and maintaining good dental hygiene Also provided is valuable advice on how to spend medical dollars wisely from making the most of a doctor visit to reviewing home medical tests and a listing of 50 toll free health hotlines Health Science Libraries in Illinois Serials Holdings List, May 1987 ,1987 **Catalogue of Title-entries of Books and Other Articles Entered in the Office of the Librarian of Congress, at Washington, Under the Copyright Law ... Wherein the Copyright Has Been Completed by the Deposit of Two Copies in the Office** Library of Congress. Copyright Office,1977 History of Chicago Alfred Theodore Andreas,1884 *Business Methods Literature* ,1961 **Encyclopedia of Medical Organizations and Agencies** ,1996 **National Directory of Children, Youth & Families Services** ,2002 **Headquarters USA** Omnigraphics,2007-10

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