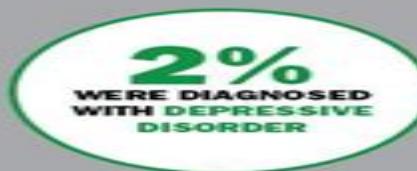
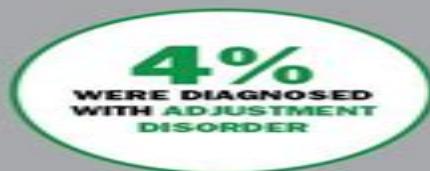


MAY IS MENTAL HEALTH AWARENESS MONTH



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

S Ben Porath

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

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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

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