



# Minority Mental Health Month

## Holistic factors influencing Mental Health



1

### Social Support, Social Network & Spaces

Having a confidante, reliable friends or family member improves response to mental health treatment.

Join Support groups or fellowship with members of Church/Mosque

Try to avoid isolation which can contribute to depression & cognitive decline

Excess Crowds (of strangers) can aggravate anxiety or fears



2

### Diet /Nutrition

Adequate nutrition with vitamins and minerals is crucial to improving mental health.

Caffeine, Alcohol and other items can worsen hyperactivity, anxiety psychosis



3

### Entertainment

Entertainment should be relaxing and enjoying

It should stimulate positive feeling including joy , laughter

Too much tv or music that is overstimulating ,violent or negative can influence mood and healing



4

### Nature /Light/Color

Exposure to nature , the outdoors with access to parks , trees, waterfalls, nature sounds such as birds, rain,etc.. subconsciously improves mood .

Light and the color of rooms and homes influences mood & energy

Blighted neighborhoods worsen mental health



5

### Creativity/Hobbies

Creative output including journaling, coloring, sketching, knitting , reading and exercise help with coping , relaxing and can communicate feeling.Creative hobbies helps reduce maladaptive behaviors , such as anger, violence, attention seeking or poor coping.



6

### Exercise

Exercising can improve physical health, concentration , mood and energy. Exercising with others including family and in outdoors ( when weather permits) is even more beneficial