

THROUGH THE EYES OF MY DAUGHTER - MENTAL HEALTH AWARENESS

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Our children might not voice everything to us as parents, but they see and hear everything... Our children are our pride and joy...love them while we are still here. - Prima La Familia



WORLD MENTAL HEALTH DAY
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There is a crack in everything, that's how the light gets in"
- Leonard Cohen

Today, October 10th, is World Mental Health Day. A day that we all need as a reminder to meet ourselves and others with compassion.

Let's break the stigma and start the conversation about mental health. Your mental health is just as important as your physical health. One of the hardest parts of being human is that we come to the world hardwired to connect, but not hardwired who to connect to. When we aren't met with those with acceptance, or we don't feel seen, known, safe or understood. We may continue a quest to find this connection.

We live in a complex world, and we weren't put here with a guide. We are only humans and at times we experience things that affect us, and it's Ok not to be Ok and to ask for help. Through feeling safe, seen, understood we can heal. Be there for yourself with gentleness, be there for others with compassion. It's our way through.

Some tips to improve your mental health:

- Be physically active
- Eat healthy, regular meals and stay hydrated
- Make sleep a priority
- Focus on positivity
- Set goals and priorities
- Practice gratitude

There is nothing more important in life than your mental health... Take good care of it. Mental health is crucial and deserves our attention. We all have the strength to face challenges with a healthy mindset.

REMEMBER, YOU ARE VALUED, NEEDED, AND WORTHY OF YOUR PLACE IN THE WORLD!

Wishing everyone a very Happy World Mental Health Day!

  

There is hope, even when your brain tells you there isn't. - John Green

#mentalhealth #care #worldmentalhealthday