

# Mental Health and Wellness

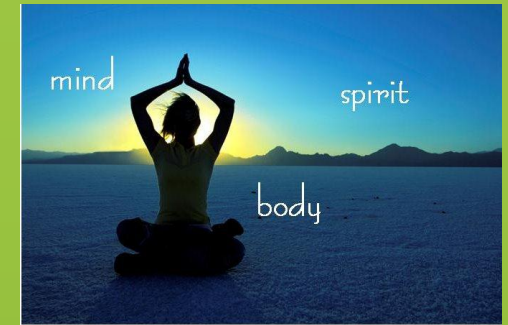
Stability, meaning no longer living in crisis, should not be the end goal of mental health. Living a life that is full and thriving is possible, when a holistic and integrative approach is taken towards wellness.



## Holistic and Integrative Approach to Care

This approach considers all dimensions of a human being:

- Physical
- Emotional
- Social
- Spiritual



## Taking Ownership in Wellness

Through Holistic and Integrative Treatment Options

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# Wellness and You

Health should not be separated between physical and mental, but as whole. There is no division between physical and mental health. Health is a whole. As humans, we can live with conditions that that affect us more physically or more mentally, but our bodies and minds are always connected.-Living with mental health conditions means that it is important to be aware of how we can take steps towards whole wellness, and towards taking ownership in our health.



## Tools to connect our minds and bodies:

### Diet

Diet can have a huge impact on any person's mental health. Research shows that inflammation from diet can make a negative impact on mental health. Eating whole foods, particularly fruits, vegetables, and healthy fats, can support a diet that fights inflammation.

health balance, as well as stress relief, can result in reduced symptoms of mental health conditions.

### Exercise

One of the most inexpensive and effective ways to better one's whole health is via exercise. Moving one's body in many different ways can positively impact all aspects of health. Exercise can reduce risk of chronic disease, increase life expectancy, and eliminate depression. Anything from walking to stretching to yoga can make a positive impact on a person's overall health.

### Acupuncture

Acupuncture is a traditional Chinese practice that moves energy through the body by inserting small needles into the skin. Moving and balancing energy in the body can make a positive impact on a person's physical and mental well-being. Supporting physical and mental

