

Healthy Living

Topic of *May*

Mental Health

Duke Health and Exercise Research Trials • Research@duke.edu • 919-681-9000

Mental health: a state of well-being in which every person understands his or her own ability, can cope with the normal stresses of life, can work productively, and is able to support to her or his community. -WHO

Did you know?

- ❖ Mental illnesses such as depression may increase the risk of developing chronic diseases such as heart disease, diabetes, and arthritis. –CDC
- ❖ Lifestyle changes are often as useful as either drugs or counseling for improving mental health. -APA
- ❖ Important lifestyle changes include exercise, nutrition and diet, time in nature, relationships, recreation, relaxation and stress management, religious or spiritual involvement, and service to others. –APA
- ❖ Resilience is the ability to cope during times of stress.
- ❖ Resilience can be learned by creating a good support system and relationships, a healthy self-image, a positive attitude, and a problem-solving mentality.

Putting it in Practice

- ❖ Go for a walk in a park to increase physical activity and spend time in nature.
- ❖ Eat more fruits and vegetables – try a new fruit or vegetable every week and make a list of the ones you like.
- ❖ Find a fun group hobby – participating in a group hobby with friends or family can enhance relationships and establish a social support network.
- ❖ Get involved in the community – anything that provides a service to others can foster a sense of pride and empowerment.
- ❖ Learn to recognize signs of stress and replace harmful coping habits with healthy, relaxing activities.

Challenge of the Month

Identify a lifestyle change that could improve your mental health and think of ways to put it into action.

Suggestions:

- Parks
- Aquatics
- Recreation centers
- Yoga
- Tai Chi
- Dancing clubs/groups
- Golf
- Meditation
- Table-top games

Local Resources

Durham Parks and Recreation
<https://www.dprplaymore.org/>

Raleigh-Durham Activities
<http://activecities.com/raleigh-durham/activities/>

Durham Support Groups
<https://www.psychologytoday.com/us/groups/nc/durham>

Mental Health Resources

- National Alliance on Mental Illness: <https://www.nami.org/>
 - [Helpline: 800-950-6264](https://www.nami.org/helpline)
- National Suicide Prevention Lifeline: [1-800-273-8255](https://www.suicidalifeline.org/)

Words of Wisdom

“If you take care of your mind, you can take care of the world.”

– Arianna Huffington

Join the Duke Health and Exercise Research Trials Registry!

We are looking for healthy volunteers and individuals with various medical conditions to join a variety of clinical research studies. To learn more, contact our team @

Research@duke.edu or 919-681-9000

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