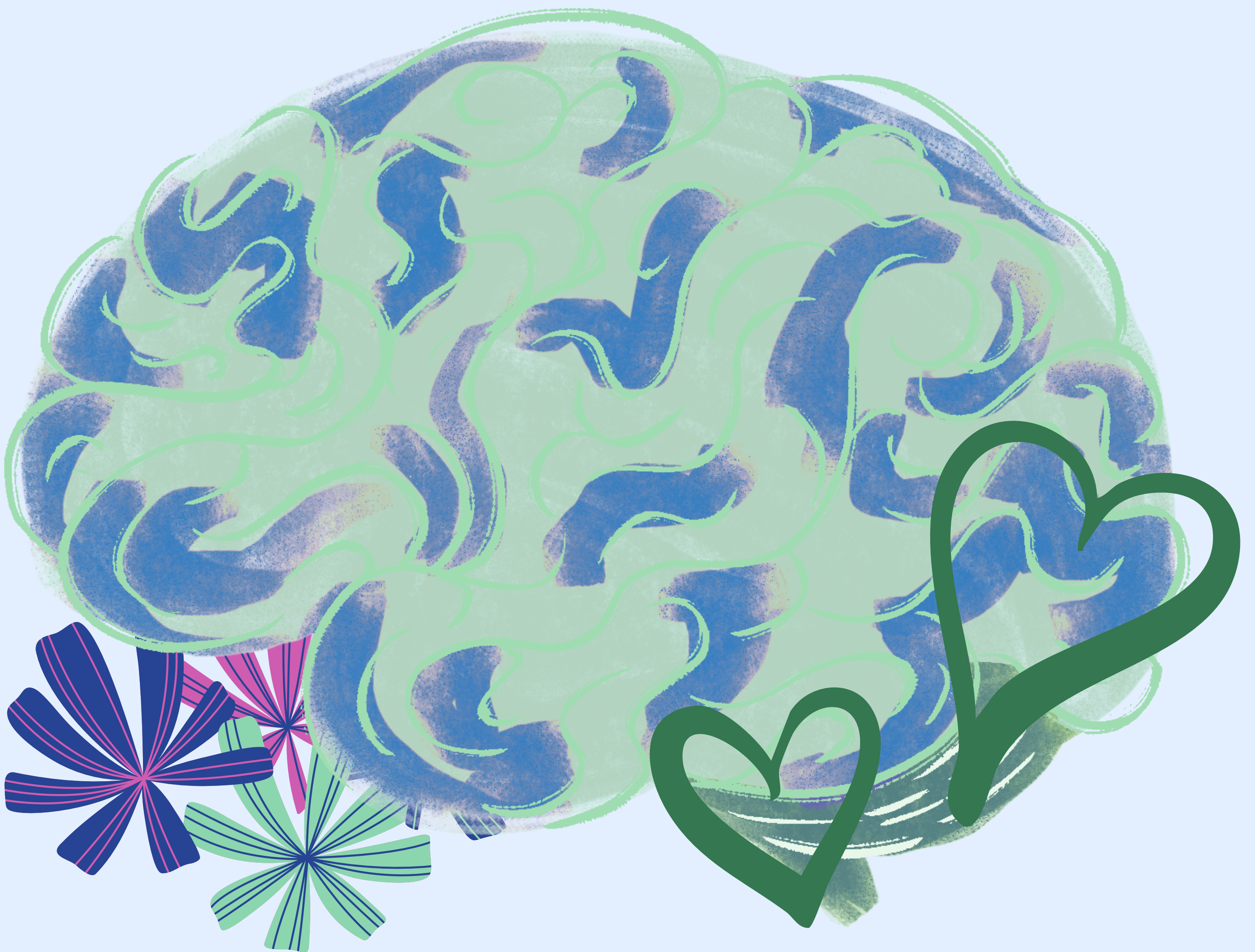


#28 MAY 2026

MAY

is for mental Health

PRESENTED BY:
EMBRACING TRANQUILITY



Mental Health Awareness Month



The month focuses on helping people understand that mental health is just as important as physical health. It highlights conditions like anxiety, depression, and stress, while also promoting emotional well-being for everyone, not just those with diagnosed conditions. Many people struggle in silence because of fear or shame. The goal of this month is to help normalize conversations about mental health and remind people that it's okay to ask for help from friends, family, or professionals.

Common Mental Health Themes

Stress:

Believe it or not, stress isn't always bad, it can actually motivate you! The problem is when it becomes constant. When you're stressed out, your body releases hormones, which prepare you to react. But if that system stays "on" for too long, it can wear you down physically and mentally. A lot of people may not even realize they're stressed, but they may notice they feel "off" or tired all the time.

Anxiety:

Anxiety becomes a cycle. You feel anxious, try to escape/avoid the situation, feel TEMPORARY relief, and go back to feeling anxious. You can break free of this cycle by doing things to bring yourself peace. Things like journaling, breathing exercises, yoga, meditation, art, or just anything that you enjoy.

Depression:

Depression is more than just sadness. It alters how your brain processes motivation and rewards. Deeper signs can include feeling nothing or a "numbness" instead of sadness, losing interest in friends or hobbies, or talking down on yourself. Depression can make people seem unmotivated, but it's really just a lack of energy and emotional capacity. You can try and cope with this by seeking professional help and turning to a community of people you know that care for you and have your best interest in mind.

Common Mental Health Themes cntd...

Social Media:

Even if you don't realize it, social media affects how you think and see things. Your brain compares your real life to other people highlights. You only see what people want you to see about themselves, which creates a false image of how you think reality is supposed to be. Social media is the prime example of how comparison is truly the thief of joy. This can deeply and negatively affect your self esteem. It also causes people to seek validation through likes and views while exposing you to negativity and unrealistic standards. You can battle this by choosing not to watch certain videos and remind yourself that a lot of the things you see on social media aren't reality.



Why's Mental Health Important?

Mental health isn't just about emotions, it influences just about everything in your life. It affects how you think, feel, act, and how you treat everyday life. Imagine you're overwhelmed or anxious. You'd probably have trouble concentrating or thinking clearly.



That's because your mental state also impacts your ability to focus, your memory, and decision making skills. Staying grounded in your mental health is especially better for your relationships. You can't expect to give your energy to someone else when you aren't able to manage it yourself.

Staying Grounded

Staying grounded in your mental health means keeping yourself steady, aware, and in control, even when things feel overwhelming. It's not about never feeling stressed or anxious, but about having ways to bring yourself back to a calm, balanced state.

When your mind starts racing, try to check in with your thoughts. Not every thought is true, although it may feel that way. Ask yourself “is this a fact or just a feeling?”. This can avoid you getting stuck in negative thinking patterns.

Create a simple daily routine. Having structure gives your mind stability. Try to wake up and sleep around the same time. Set small, realistic goals for the day. Include time to relax, not just work. Even a loose routine can reduce stress and help prevent burnout.

Staying Grounded cntd...

Stay connected to someone you trust, you don't have to deal with everything alone. Talk to a friend, family member, or counselor. Even short conversations can help you feel less overwhelmed. Connection is one of the strongest ways to stay grounded.

Learn your warning signs. Everyone has early signs when their mental health is slipping.

Examples:

- Getting irritated more easily
- Sleeping too much or too little
- Losing motivation

Catching these early helps you take action before things get worse.

Focus on what you can control. A lot of stress comes from worrying about things outside your control.

Shift your focus to your actions, your effort, and your response. Letting go of what you can't control can bring a lot of mental relief.

Don't Struggle Alone!

Remember, it's okay to not be okay. It's also okay to talk to someone when you feel that way. Put your mental health first. If you need professional help, do yourself a favor and look for a therapist. You don't need to struggle alone.

[Find a therapist](#) | [Licensed therapists near you](#)



Photos From Our Mental Health Event



Activities in the Area

GET OUT & MOVE

- Kinderfest (May 2, 2026): Held at Watkins Regional Park, featuring rides, games, live entertainment, and food.
- Music on Main (May 8, 2026): Quill Lot - 378 Main Street
- Langley Park Day (May 18): Community festival at Langley Park Community Center.
- Mother's Day Spring Fling (May 9): Event held at The Show Place Arena.
- Senior Paint & Sip (May 6, 2026): Greenview Dr Cabana
- Fitness in the Parks: Free outdoor group workouts and activities offered throughout the county.
- Movie Night: "Secretariat" (May 12, 2026): Alice B. McCullough Field 8th & Montgomery treets
- Trails & Parks: Enjoy the Anacostia River Trail or regional parks like Cosca Regional Park and Bowie Golf Club.

Directors Corner



As we recognize Mental Health Awareness Month, we are reminded that caring for our mental health is a daily commitment—not just something we focus on in times of need.

The mental health movement continues to break stigma and encourage individuals to seek support, speak openly, and prioritize their well-being. At Embracing Tranquility Behavioral Health, we believe healing is a journey that requires intention, consistency, and self-compassion.

Simple, intentional actions can make a big difference:

- Move your body – take a walk, stretch, or dance
- Engage in hobbies – find joy in activities that bring you peace
- Practice self-care – rest, set boundaries, and pour into yourself

Remember, mental health matters every day—not just this month.

Let's continue to grow, heal, and support one another.

Erica N. Coleman CPRP