



MAY



LIVING HANDS NEWSLETTER

May is Mental Health Awareness Month. How is your mental health? We talked about stress last month, but stress is just one of the things that could affect your overall mental health. We are all different, which means that circumstances affect us differently. That being said, how well do you know yourself? Do you know the types of things that trigger you? Do you have activities or hobbies

**MENTAL
HEALTH
AWARENESS MONTH**



that calm you down and help you focus? Do you isolate yourself on a regular basis? Do you get depressed? These are just some of the questions that you start with to evaluate your mental health. Good mental health enables you to cope with the stresses of life, realize your abilities, learn well, work productively, and contribute to your community. These are all things that could serve us well in this industry. Make sure that you check in with yourself this month!!

ANNUAL TRAINING!!!



Its that time of year again when we all have to do annual training. Annual Training is located under the "continuing education" tab on the Living Hands website. (www.livinghandsphilly.com) All of the modules must be completed once every year. Once you have completed a module, there is a short quiz, and then a certificate of completion will be issued. Take a screenshot of the certificates and send them to livinghandsphilly@gmail.com. The trainings are mandatory and will be checked by the insurance companies when they do their audits. It is a requirement that ALL caregivers show that they know the important information and rules that are associated with providing great



Top ways to improve your mental health without therapy

1. Find a Supportive Community

Feeling connected to others is vital for mental health. Studies show that having a strong sense of community decreases symptoms of depression, anxiety, and stress while fostering emotional resilience.

There's a strong connection between perceived social support and lower psychological distress. So, whether it's joining a book club, taking a group fitness class, or volunteering, look for a community that helps you feel a sense of belonging and purpose. You'll likely see your mental health get better as your connections improve.


2. Spend Time in Nature

The concept of "forest bathing," or immersing yourself in a natural environment, has been shown to reduce cortisol levels, improve mood, increase creativity, and enhance focus. Exposure to nature has also been shown to decrease symptoms related to existing mental illness. After spending time in nature, individuals report decreased symptoms of anxiety and depression.

Go for hikes, find a park, and create opportunities to be surrounded by nature. Even a short walk in your backyard can give your mental health an instant boost.

3. Exercise Regularly

Physical activity isn't just good for your body; it's also great for your mind. For example, running has been shown to be as effective as antidepressants for some people with depression.



Strength training has been linked to reductions in anxiety, while yoga can alleviate symptoms of PTSD. Whether it's a solo workout or a sport like pickleball, moving your body will also improve your mind.

4. Write in a Journal

Journaling helps you process emotions and organize your thoughts. Studies suggest it can reduce stress, improve self-awareness, and boost problem-solving skills.

5. Read Books

When you're stressed out, the last thing you might think you have time for is picking up a book. But reading for just six minutes has been shown to reduce stress by up to 68 percent. It lowers heart rate and relaxes the mind, whether you're reading fiction or nonfiction.


Immersing yourself in a good story can also boost empathy, combat loneliness, and stimulate cognitive health. Plus, it gives you a break from screen time, which can be another added benefit for mental health.

6. Set a Goal

Having something to work toward has a powerful impact on mental health. Studies show that setting a specific, achievable goal can increase motivation and improve well-being.

Goals provide structure and a sense of purpose, too. Whether you want to finish a 5K, learn how to play an instrument, or start speaking another language, working toward a goal can make each day more fulfilling.

7. Perform Acts of Kindness



Research shows that engaging in prosocial behavior not only reduces stress but also increases positive emotions and social connectedness. So, rather than focus on “self-care,” sometimes it’s best to focus on “other-care.” When you feel bad, do something nice for someone else and in turn, you’ll improve your mental health too.

Acts of kindness, no matter how small, create ripple effects that boost both the giver’s and the receiver’s mental health. Buying coffee for a stranger, offering a compliment, or holding the door open activates your brain’s reward system and releases serotonin, the “feel-good” hormone.

8. Grow a Garden

Horticulture therapy has been used for decades to improve mental health. Digging your hands into the soil provides mood-boosting effects due to beneficial microbes found in dirt.

Gardening also promotes mindfulness, reduces stress, and connects you with nature. Even if you don’t have outdoor space, indoor plants or growing a small herb garden can have similar effects.

9. Work With Your Hands

It’s important to have hobbies that don’t involve screen time. Research shows engaging in activities requiring manual effort, like knitting or woodworking, can soothe the mind, promote mental clarity, and bolster mental strength.

Whether you enjoy making crafts, baking, painting, or decorating, do something tangible. Taking action and moving your body reduces overthinking and rejuvenates your brain. Completing a physical task also gives you a sense of accomplishment and reminds you of your ability to create.

10. Experience Awe

Awe is a powerful and underappreciated emotion. It can shift your perspective, help you step back from daily stressors, and give you the chance to see the bigger picture of life. Stargazing, watching a sunrise, or simply exploring breathtaking scenery can elicit awe, which has been linked to reduced inflammation and improved mental health.

If you aren't able to view beautiful landscapes or take in the night sky, look at photographs that inspire awe. Research shows that even viewing photographs or videos of natural landmarks and beautiful scenery can create awe and improve your mental health.

COURTESY OF PSYCHOLOGY TODAY

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SPOTLIGHT
CAREGIVER OF THE MONTH
ALIHYA JAMES

Loving Hands would like to recognize Alihya James as our April 2026 Caregiver of the Month!! One of the biggest issues for us in this industry is the new requirement of having an EVV% above 85%. There are quite a few people that are doing great in that area. However, Alihya has clocked in and out PERFECTLY with no issues since this year has begun!! She is the only employee that has never missed a clock in, was never out of range, and hasn't missed a single shift! And of course, her EVV% is 100%!!

Congratulations ALIHYA!! Another LIVING HANDS ROCKSTAR!!





Stay in touch with us!!

LIVING HANDS
HOME HEALTH CARE AGENCY

Call us at (484) 472-7167

Fax us at (484) 472-7056

Email us at Lovinghandsphilly@gmail.com

Visit us at www.lovinghandsphilly.com

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We provide the service you deserve!”**