

## U and Universal

May is Mental Health Awareness month. Here are some tips for maintaining mental wellness:

- Being flexible helps when situations in life change
- Keep your mind and body active
- Use caution when taking over-the-counter medications
- Keep appointments with your family physician
- Making goals will help you remain positive about your life
- Try to exercise, eat right, and get enough sleep
- Don't isolate yourself
- Build positive relationships
- Mental illness is treatable, know the symptoms
- Know where to get help when needed

Mental Health Awareness Month was started in the U.S. in 1949 by the Mental Health America Organization. Its purpose is to raise awareness and educate the public about mental illnesses. To find out more about Mental Health Awareness Month and to find more tips about maintaining mental health wellness, go to: [www.nami.org](http://www.nami.org), [www.mentalhealthawareness.net](http://www.mentalhealthawareness.net), or [www.liveyourlifewell.org](http://www.liveyourlifewell.org)

### Did you know?

The 3<sup>rd</sup> annual "Journey to Success" spring bazaar will be held May 18 from 10:30am – 2:30pm. The location is 913 South Main St, Burlington N.C. 27215. Journey to Success will be selling hotdog plates, plants, and handmade items. Proceeds collected will go to fund future trips for members in the day program.