



## Women's Mental Health

In support of Women's Equality Day, August 23, 2022, we decided to focus this issue on women's mental health. According to the office on women's health, "More than 1 in 5 women in the United States experienced a mental health condition in the past year, such as depression or anxiety." Also, women are more likely to suffer from symptoms of stress than men with long term stress being more likely to affect women's moods and anxiety. (OASH, 2022, <https://www.womenshealth.gov/mental-health>)

### Mindful Minutes

1. Take time to do something you enjoy.
2. Write out your thoughts and feelings.
3. Get organized. Disorganization can induce stress.
4. Physical activity can help boost your mood and reduce stress.
5. Eat properly. Foods high in vitamin B help boost your energy.

<https://www.womenshealth.gov/mental-health/good-mental-health/stress-and-your-health>

### Self Care

- Write 5 things that didn't totally suck for the day.
- Have a mini dance party.
- Decompress for 5 minutes a day.
- Detox from work and technology daily.
- Start your day off positively, enjoy breakfast!

<https://www.womenshealthmag.com/health/a24886599/self-care-routine-tips/>

### Did You Know?

- Women are twice as likely to be diagnosed with anxiety as men.
- One in five women compared with one in eight men have a mental disorder.
- Over a quarter (26%) of young women aged between 16–24 years old report having a common mental health problem in any given week. This compares to 17% of adults. And this number is increasing.
- Women are more likely to be affected by depression than men.
- Women's struggles with infertility and baby loss can have a detrimental impact on their mental health.
- Postnatal depression is a type of depression that occurs in the first year after birth. The condition affects more than one in ten women—and it can affect partners too.

<https://www.healthassured.org/blog/women-mental-health-the-statistics/>

### Company Highlights

#### Women Owned and Operated

Not only is our practice a small business owned and operated by women, we share a unique quality of being associated with the military. We have current military spouses, retired spouses, and veterans that help make up our wonderful staff. Not only do we understand issues that directly affect women, we understand the issues that come with the military lifestyle. Please reach out if you feel like we might be the right fit for you.

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