

# May is Mental Health Awareness Month

## May 2026 Mental Health Minute

*Brought to you by the Diocesan Mental Health Ministry Team*

### **Does your life feel chaotic? Find peace by letting go of what you can't control.**

Life can be unpredictable. Challenges at work, personal struggles, family obligations or unexpected life transitions can make us feel like our life is spiraling out of control. Dwelling on these uncertainties can lead to stress, anxiety and discouragement. While these reactions are understandable, they can also be exhausting and take a toll on your mental health. To regain clarity and balance we may simply need to shift our focus to things we *can* control, and entrust the rest to God.

In order to achieve this, it is important to understand what we *cannot* control. This does not mean we are giving up. Rather, it becomes an act of faith. Releasing what is beyond our control into God's hands, can reduce our frustration, stress and anxiety levels.

Things we *cannot* control:

- 1) Other people's behaviors, actions, or opinions
- 2) External events: i.e. the economy, weather, or workplace decisions
- 3) The future or unpredictable events
- 4) The past

Things we *can* control:

- 1) Our thoughts and attitudes
- 2) Our actions and reactions
- 3) Our boundaries
- 4) Our self-care and coping skills

By redirecting our energy on actions and choices within our control, we cultivate a mindset rooted in hope, strengthen our resilience and improve our overall wellbeing. This takes practice, but as we learn to release what we *cannot* control, take intentional steps in areas we *can* influence and trust God with the rest, we can find a deeper sense of peace, hope and purpose -- today and in the days ahead.

*"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight." Proverbs 3:5-6*  
*St. Dymphna, patron saint of mental health, Pray for Us*

In a Crisis? If you or someone you know is in crisis, call, text, or chat 988 (chat available at [www.988Lifeline.org](http://www.988Lifeline.org)).