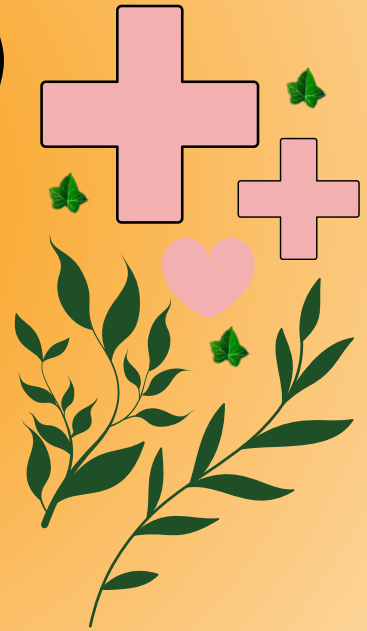
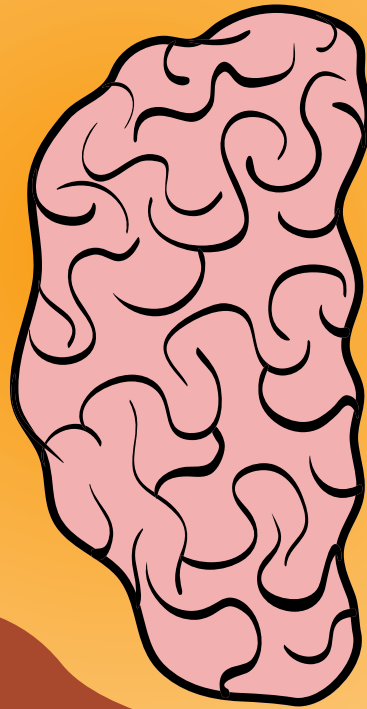
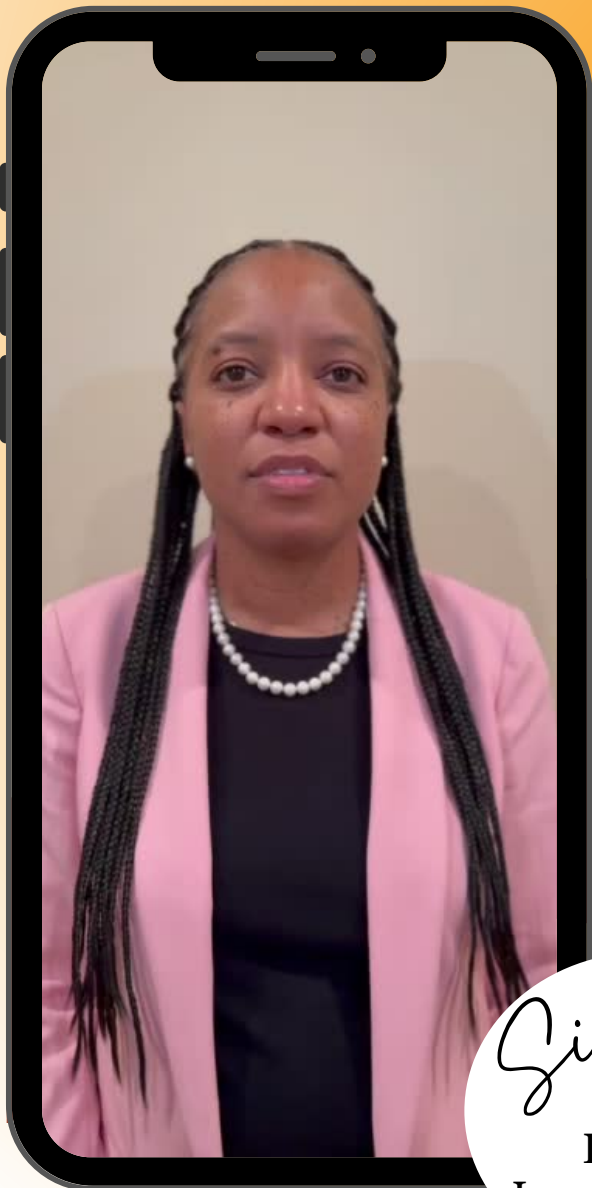


The V.I.P. Pearls  
of Orange County, New York  
an Official Interest Group of Alpha Kappa Alpha Sorority, Incorporated  
Sonya D. Fiol-Grant, President

# LAUNCH OUR *Signature Program* MENTAL HEALTH AWARENESS

#BREAKTHESTIGMA








*Signature*  
PROGRAM LEAD  
Doctor  
Lernice Henry



Join us as we raise our voices, wear our ribbons in solidarity, and spread awareness about mental health and breaking the stigmas in Orange County, NY.

FOR MORE INFO

[www.vippearlsofocny.com](http://www.vippearlsofocny.com) |     



Spending time in nature is linked to many positive mental health outcomes – improved focus, lower stress, better mood, and reduced risk of developing a mental health condition.

Most studies on nature and well-being look at green spaces like parks and forests, but researchers are also beginning to look at blue spaces – places with ocean and river views. However, you don't need a picture-perfect outdoor experience to get the benefits of nature.

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# #MENTALHEALTHMATTERS

BROUGHT TO YOU BY



HAKIM ASADI

CLINICAL SOCIAL WORK/THERAPIST, LMSW

# Living In Alignment

Living a full life often involves achieving alignment in various aspects of your life. Here are key areas where alignment can contribute to a wholehearted life:

**Self-Care: Prioritize self-care practices that align with you; think of three dimensions- mind, body, and soul. This can include exercise, meditation, relaxation, and setting boundaries.**

Although I am a LCSW, this resource is not intended to provide mental health treatment and again, does not constitute a client/therapist relationship which will be established after an initial consult and signed consent.

If you or someone you know is in need of help, please call 911 or visit <https://www.hakimasadi.com/>

## #MENTALHEALTHMATTERS



“If I could have a conversation with my younger self, I would say: You are not weak, fragile or broken. You are strong, capable and resilient.”

**-Author Amanda Buchner**

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1-800-950-NAMI (6264) or visit [WWW.NAMI.ORG](http://WWW.NAMI.ORG)

**#MENTALHEALTHMATTERS**

# Take a Mental Health Test

Online screening is one of the quickest and easiest ways to determine whether you are experiencing symptoms of a mental health condition.

Mental health conditions, such as depression or anxiety, are real, common and treatable. And recovery is possible.

<http://www.MHAscreening.org>

Please note: Online screening tools are meant to be a quick snapshot of your mental health. If your results indicate you may be experiencing symptoms of a mental illness, consider sharing your results with someone. A mental health provider (such as a doctor or a therapist) can give you a full assessment and talk to you about options for how to feel better. Mental Health America Inc., sponsors, partners, and advertisers disclaim any liability, loss, or risk incurred as a consequence, directly or indirectly, of the use and application of these screens.

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**Relationships: Foster healthy relationships that align with your values and support your well-being. Surround yourself with people who uplift and inspire you.**

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## #MENTALHEALTHMATTERS

While many parts of your environment can be out of your control, there are steps you can take to change your space and protect your well-being.

- ✔ Work toward securing safe and stable housing: This can be challenging due to finances, age, and other reasons, but there are a few things you can try, such as reaching out to state/local agencies to secure housing, removing safety hazards in the home, or finding another space (such as a community center or friend's home) where you can get the comfort you are missing at home.
- ✔ Focus on your home: Consider keeping your space tidy, sleep-friendly, and well-ventilated. Surround yourself with items that help you feel calm and positive.
- ✔ Create bonds with your neighborhood and community: Get to know the people living around you, join or start neighborhelping-neighbors groups, and support local businesses to challenge gentrification.
- ✔ Connect with nature: Hike in a forest, sit in a city park, bring a plant inside, or keep the shades open to absorb natural light.

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# #MENTALHEALTHMATTERS



## WHAT CAN I DO TO IMPROVE MY SLEEP?

Make your space dark. Try to limit the amount of light in your space, including electronics such as your phone or television, which create blue light that can disrupt your body's circadian rhythms.<sup>7</sup> Use blinds or blackout curtains to keep outside light from getting in – especially if you work nightshift and need to sleep during the day.



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# Gratitude

Cultivate a sense of joy and gratitude for the present moment. Find the activities, people, and places that bring you joy and connect with them on purpose.

**Alignment doesn't mean everything will always be perfect or without challenges. Life is dynamic, and adjustments may be necessary along the way. It's about consciously aligning your choices and actions with what you value and desire, which can lead to a fulfilling and more satisfying journey.**

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BROUGHT TO YOU BY

**ALECIA RENECE**

[HTTPS://WWW.ALECIARENECE.COM/](https://www.aleciarenece.com/)

# Guided Meditation Exercise

## Inner Peace



To Watch Scan the QR Code

<https://www.youtube.com/@AleciaRenece/shorts>

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The V.I.P. Pearls  
*of Change County, New York*  
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Since Dr. Pearl Grant, President

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# Guided Meditation Exercise

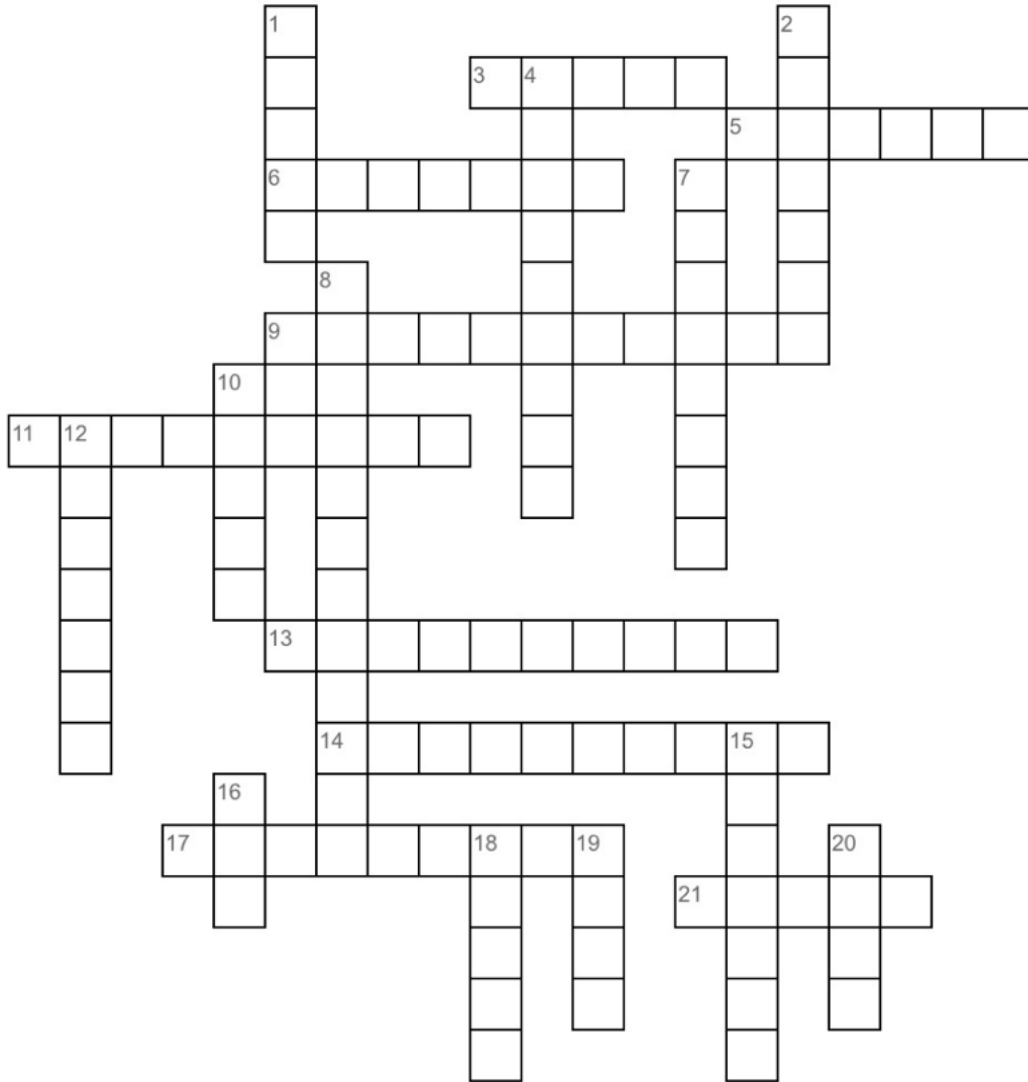
**For 30-60 seconds, close your eyes and think about being outdoors. How do you feel? What do you see? What is around you? Light? Wind? What does it smell like? What does it sound like?**

**Open your eyes. Think about what benefits you felt being outdoors. Push aside any thoughts about what you “should” feel and really think about the positives about spending some of your time outdoors.**

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## #MENTALHEALTHMATTERS

# MENTAL HEALTH MATTERS



## Across

- 3 You feel this when you have nothing to do
- 5 Many people feel this when they do not have coffee in the morning
- 6 When waiting for someone, it is best to be this
- 9 When you feel this way, you might cause a little bit of trouble
- 11 Christians are encouraged to be this all the time, but especially during Lent
- 13 If you win the war, you are this
- 14 Before making decisions it is a good idea to be this
- 17 The opposite of awful
- 21 Children often act this way to make grown ups laugh

## Down

- 1 Don't worry. Be \_\_\_\_\_!
- 2 Many people feel this if they have to speak in front of a crowd
- 4 People who are disrespectful and loud are also this
- 7 The opposite of guilty
- 8 The feeling you get when your plans fall apart
- 10 You might feel this when someone hurts your feelings
- 12 How you feel when you are looking forward to something
- 15 People who worry a lot are sometimes labeled this
- 16 This is a feeling and a woman's name
- 18 This is a feeling and a man's name
- 19 Everybody needs this
- 20 This feeling rhymes with some

# #MENTALHEALTHMATTERS

# MENTAL AND EMOTIONAL TERMINOLOGY

T C W R F H Z R V I O H O O R S T P E L I L W O  
 W T H P O J Z B T P G M Z X O P Y U C S E J P X  
 N H Q A E S Z K S A H M T P B Z X K N A C S P S  
 O A W L R R S V S S Q O R P T D Y X E L B P E L  
 I O Y N G A C E A K V X S Q I R K V T Y I S G S  
 T D D I E N C E R P M S X T V M B R E S W Y Y E  
 A E I J O C I T P T W D Y P I U N N P Y W C Y L  
 N U I S Q M F N E T S Q E M B L K C M O M H I F  
 E S D E T D J M R R I S L P P H I I O S E O F A  
 I T L X H R P T V U E O J E R A U T C T C S H C  
 L R U D X S E M S L O B N E U E T F Y U M O Y T  
 A E M U Z K J S F X P M D K B G S H J J W M Q U  
 L S P B S O K E S K V K X S Z R I S Y E G A Q A  
 C S N D H L S Y M V A M K S E A H H I S L T E L  
 U Z W C E T Y Y P P F S S S U C T U A O T I R I  
 X I I H E R Q J A E P T I D O A X S K R N C U Z  
 V G T E T T B T M P I L Q C P B T B W Z S R S A  
 W C M A R Y H P H G E V X M Y A Q K Z Q R E O T  
 M V E K D Y R K M N N G E N G Q L S G O C S L I  
 G R I E F B Z A C G D Z Y H A H R R N Y M P C O  
 G K B H R O L E M O D E L I T N U U H M C O X N  
 K H S Y T I R G E T N I G Y X Q O I S Y S N I N  
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 C O N S T R U C T I V E C R I T I C I S M E H A

empathy  
 integrity  
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 apathy  
 grief  
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 Self Esteem

sympathy  
 character  
 role model  
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 stigma  
 perception  
 anxiety  
 Constructive criticism

distress  
 psychosomatic response  
 self actualization  
 mourning  
 depression  
 competence  
 closure  
 Resilience

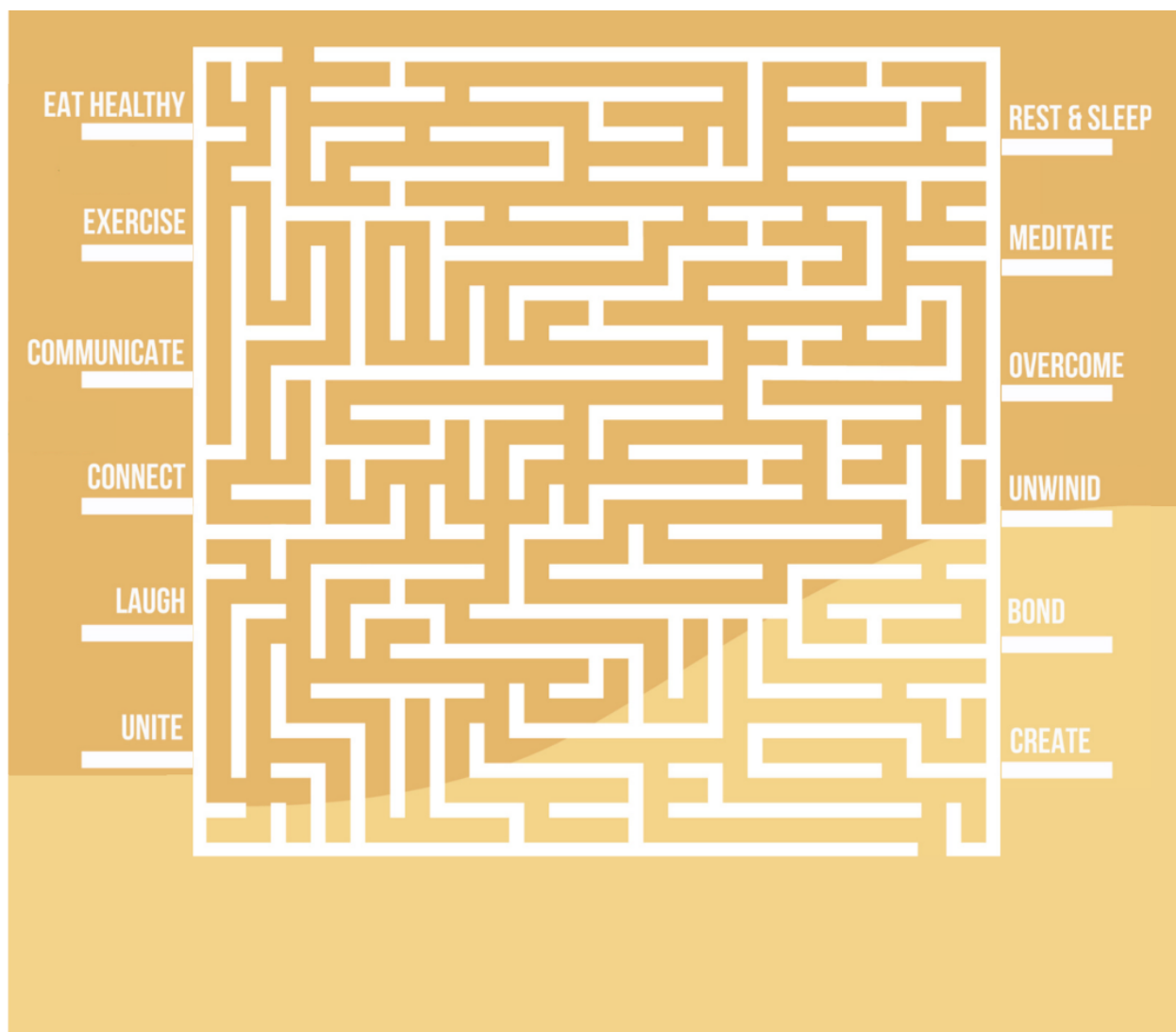
# #MENTALHEALTHMATTERS



# MENTAL HEALTH MATTERS

# MAZE

DURING A MAZE OF UNCERTAINTY...FOLLOW THESE TIPS ALONG THE WAY



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**Passions and Hobbies: Make time for activities and hobbies that you're passionate about. These pursuits can bring joy and a sense of fulfillment.**

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