



YOU ARE
NOT
ALONE



May is Mental Health Awareness Month

This has been an exceptionally challenging year for so many of us. We encourage you to take a moment to think about your own mental health and how you might be able to incorporate some of these practical tips for improving it.

- Connect with others
Develop and keep strong relationships with people who will support you.
- Value yourself
Treat yourself with kindness and respect, and avoid self-criticism. Make time for your hobbies and favorite projects, or broaden your horizons.
- Take care of yourself physically
It's easier to feel happy if your body feels good. Exercise. Enjoy a good breakfast. Drink water, have a healthy snack and eat a balanced diet. Physical and mental health are tied together.
- Learn some new stress management techniques
Pay attention to what makes you stressed, where you feel it in your body, and how you react to it. This helps you to better manage your stress. Try relaxation techniques, exercise, be in nature, or try journal writing as a stress reducer.
- Rest
Sleep restores both your mind and body. Try to develop regular sleep habits. Look into sleep hygiene techniques to help you fall and stay asleep.
- Play! Plan something fun
Make time every day to enjoy something you really like to do. Be silly and laugh – laughter can recharge you, and can actually boost your immune system, ease pain, relax your body and reduce stress.
- Quiet your mind
Try meditating, mindfulness and/or spiritual reflection. Relaxation exercises and prayer can improve your state of mind and outlook on life.
- Ask for help when you need it
Seeking help is a sign of strength — not a weakness. And it is important to remember that treatment is effective.

Want to learn more about behavioral health and wellness?

NOAA Behavioral Health and Wellness is excited to share our new intranet site with you!

<https://sites.google.com/noaa.gov/behavioral-health-and-wellness>

We are also producing a video that will be released for distribution later this month!

Contact us if we can be of assistance with your behavioral health and wellness needs.

- POC for Fisheries is LCDR Andrea Battle
- POC for Weather Service is LCDR Valarie Gardner
- POC for OMOA and all other line, corporate, and staff offices is CDR KJ Green

Communications with Behavioral Health and Wellness are confidential.

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