



MAY IS MENTAL HEALTH MATTERS MONTH

#EachMindMatters

How do people and communities deal with difficult events and challenges like a serious illness, the death of a loved one, relationship problems, the loss of a job, and other traumatic events? How can we provide support to our loved ones when they are struggling?

Research shows that resiliency – or the ability to “bounce back” after difficult experiences – is not an innate trait, but rather a complex set of behaviors, thoughts, and actions that can be learned and strengthened. And one of the best ways to build resiliency is by fostering connections with the people around you – whether that’s people in your community or your friends and family. Strong, supportive relationships with close family, friends, and loved ones are a key element for a happier and healthier life.

This week, strengthen your community by expressing encouragement to those around you:

- Share one of the Each Mind Matters Affirmation Cards with a friend, family member, colleague, or even a stranger. You can download a printable version or share these via social media by visiting <https://emmresourcecenter.org/resources/message-cards>.
- Join the #ManySidesToMyStory Social Media challenge! This year throughout May, Each Mind Matters is teaming up with Disney star and mental health advocate, [Sofia Wylie](#), to encourage others to express the many sides of their story to raise awareness about mental health and support those who may be experiencing mental health challenges. Visit manysidestomystory.com to learn more and join the movement.
- Share the [Each Mind Matters Mental Health Support Guide](#).
- View and share stories of hope and recovery from the [Each Mind Matters Gallery](#).
- Print the new “Take One” poster (available in [English](#) and [Spanish](#)) and post it outside your home, or maybe in your apartment building. It might just brighten someone’s day!

Find even more activities in Each Mind Matters’ [May Activation Kit here!](#)

Additional resource: [Tips for talking with and helping children and youth cope after a disaster or traumatic event: A guide for parents, caregivers, and teachers](#). (2013).

Connect with Each Mind Matters online throughout the month! Tag @EachMindMatters and use the hashtags #EachMindMatters and #SanaMente.

Stay tuned for next week’s topic: “Each Mind Matters: Express Unity”