

Choices Psychotherapy Celebrates Mental Health Month

Minneapolis, MN (May 1, 2018) – This May is Mental Health Month. Choices Psychotherapy (Choices) celebrates mental health month by highlighting the importance that mental health is essential to everyone’s overall health and well-being, and mental illnesses are common and treatable.

So much of what we do physically impacts us mentally. That is why this year’s theme for May is Mental Health Month – Fitness #4Mind4Body – is a call to pay attention to both physical health and mental health, which can help achieve overall wellness and set a path to recovery.

The main focus is on how a healthy lifestyle may help prevent the onset or worsening of mental health conditions, as well as heart disease, diabetes, obesity and other chronic health problems. It can also help people recover from these conditions. Eating healthy foods, managing stress, exercising, and getting enough sleep can go a long way in making you both physically and mentally healthy.

May is Mental Health Month was started 69 years ago by Mental Health America, to raise awareness about mental health conditions and the importance of good mental health for everyone.

“It is important to really look at your overall health, both physically and mentally, to achieve wellness,” said Susan Davis, LICSW, owner and executive director of Choices Psychotherapy. “Getting the appropriate amount of exercise, eating healthy foods that can impact your gut health, getting enough sleep and reducing stress – it’s all about finding the right balance to benefit both the mind and body.”

“We know that living a healthy lifestyle is not always easy, but it can be achieved by gradually making small changes and building on those successes,” concluded Choice’s registered dietician Jessica Welch, MS, RDN. “By looking at your overall health every day – both physically and mentally – you can go a long way in ensuring that you focus on your Fitness #4Mind4Body.”

ABOUT CHOICES PSYCHOTHERAPY

Choices Psychotherapy helps individuals and families rediscover the joys of a healthy mind and healthy body. For more information about Choices Psychotherapy, visit www.choicespsychotherapy.net or call 952-544-6806.

For more information on May is Mental Health Month, visit Mental Health America’s website at www.mentalhealthamerica.net/may.

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