

OCTOBER, A SPACE FOR MENTAL HEALTH



Our mental health is an essential part of our well-being. Taking care of it helps us to be physically healthier, strengthen our relationships and be more productive at work and in daily life. Physical and mental health go hand in hand, mental disorders can increase the risk of stroke (Stroke), complications in glucose levels especially with people diagnosed with type 2 diabetes and complications in cardiovascular conditions.

THERE ARE FACTORS INFLUENCING MENTAL HEALTH:

- Brain genetics and chemistry
- Life experiences such as trauma or abuse
- Lifestyle (diet, physical activity, use of alcohol, tobacco or drugs)

WARNING SIGNS THAT NEED ATTENTION:

- Changes in appetite or sleep
- Social isolation
- Lack of energy or motivation
- Pain with no apparent cause
- Mood swings or confusion
- Thoughts of wanting to hurt yourself or others

Talking about our feelings, practicing relaxation techniques and seeking professional support when needed are important steps to taking care of our mental health. This October let's give ourselves a space to listen, share and attend our emotional well-being.