

Wellness Monthly

May, oh My!

It's Mental Health Awareness Month

1 in 5 U.S. adults experience
mental illness each year

Mental health conditions are the
result of multiple different factors
such as genetics, environment
and lifestyle.

Having a mental health condition
does not mean you are broken, did
something wrong, or are at fault.
Mental health is health!

UW Mental Health Support 24/7:
Call 608-785-8073 and press 1

How to Help Yourself:

- *Get enough sleep*
- *Work on healthy coping skills*
- *Eat for nourishment and take care of your physical health*
- *Explore relaxation techniques or meditation*
- *Connect with your support system*
- *Ask for help when you need it*



medineplus.gov

How to Help Others:

- *Know and notice signs of distress*
- *Genuinely express your concern while showing respect and understanding - ask how you can help!*
- *Talk in a comfortable space, ask appropriate questions and don't pry*
- *If they aren't ready to talk, don't force them*

nami.org

Asian American and Pacific Islander Heritage Month

This broad term encompasses all of the Asian continent and the Pacific islands of Melanesia (New Guinea, New Caledonia, Vanuatu, Fiji and the Solomon Islands), Micronesia (Marianas, Guam, Wake Island, Palau, Marshall Islands, Kiribati, Nauru and the Federated States of Micronesia) and Polynesia (New Zealand, Hawaiian Islands, Rotuma, Midway Islands, Samoa, American Samoa, Tonga, Tuvalu, Cook Islands, French Polynesia and Easter Island).

Celebrate Asian American and Pacific Islander individuals this month and recognize their rights in the United States. These two groups are the fastest growing racial populations in the U.S. but still experience discrimination to this day. Let's celebrate AAPI heritage this month through appreciation, learning, and community connection.

Learn more at asianpacificheritage.gov

Jewish American Heritage Month



Celebrating Jewish Americans and their impact on the United States through culture, history, science, and government.

- Visit a museum
- Read, watch or listen! Find a new book, movie, or podcast
- Build community connections

ajc.org



Resources

STAY CONNECTED

Instagram:

@uwlpeerhealth

Tik Tok:

@bewellatuwl

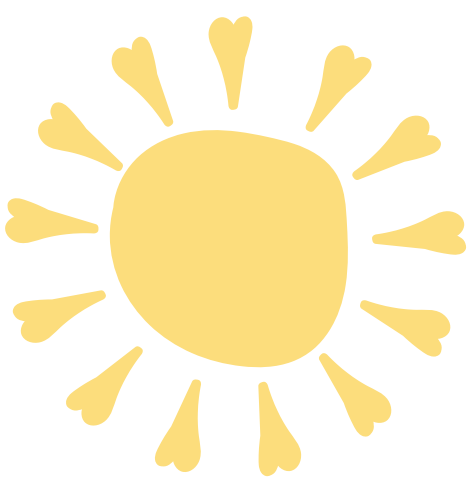


Check out De-Stress Fest at Spring Spectacular!

May 9 from 11am-2pm

Eagle Field

- Therapy dogs
- Mindful activities and mental health trivia
- Free resources and giveaways!



Wellness & Health Advocacy

wellness@uwlax.edu

608-785-8977

Violence Prevention

Instagram: @uwlviolenceprevention

Email: advocate@uwlax.edu

Counseling & Testing Center

2106 Centennial Hall

Instagram: @uwlctc

608-785-8073

