

THE MONTHLY CONNECT

MAY IS NATIONAL MENTAL HEALTH AWARENESS MONTH



May is Mental Health Awareness Month - a time when we focus on talking about mental health and helping people understand it's okay to ask for help.

Mental health is about how we feel in our minds and hearts. It includes:

- How we handle our feelings
- How we think and make decisions
- How we get along with other people
- How we deal with stress and problems

Just like taking care of our body is important, taking care of our mental health matters at every age.

In An Emergency?

Call or Text 988 to speak with the Suicide and Crisis Lifeline.

Help is available 24/7

EXERCISE INITIATIVE OF THE MONTH: YOGA

Yoga offers many benefits for both physical and mental health.

For physical health, yoga helps improve flexibility, balance, and strength. Yoga can also help reduce pain, like back pain, and can help lower blood pressure.

The mental health benefits include:

- Lowering Stress
- Improving Mood
- Helping Focus
- Better Sleep



Here are some [basic yoga poses](#) to help you start:

- Mountain
- Downward Facing Dog
- Plank
- Upward Facing Dog
- Warrior One
- Warrior Two
- Tree
- Chair
- Butterfly

RECIPE OF THE MONTH: CHICKEN IN SUNDRIED TOMATO CREAM SAUCE



This recipe shows how to take simple chicken cutlets and turn them into a flavorful, antioxidant-rich and protein-packed meal. Pair with a side salad or your favorite veggies to add even more vitamins.

Ingredients:

- 1 pound chicken cutlets
- ¼ teaspoon salt, divided
- ¼ teaspoon ground pepper, divided
- ½ cup slivered oil-packed sun-dried tomatoes, plus 1 tablespoon oil from the jar
- ½ cup finely chopped shallots
- ½ cup dry white wine
- ½ cup heavy cream
- 2 tablespoons chopped fresh parsley

View the full recipe [here](#).