



Better Health Matters

FOSTERING INDIVIDUAL WELLNESS, MEMBER BY MEMBER

**Farm Bureau
HEALTH PLANS**
Tennessee

May is Mental Health Awareness Month

Now is a good time to pause and reflect. So we want to make sure we recognize a difficult truth:

Nearly *one in five* Americans lives with a mental health condition.

That includes any mental, behavioral, or emotional disorder such as:

- ♥ Depression
- ♥ Anxiety
- ♥ Mood disorders, including bipolar disorder
- ♥ Personality disorders
- ♥ Psychotic disorders, including schizophrenia
- ♥ Trauma
- ♥ Eating disorders
- ♥ Substance-use disorders



Experts stress that now is the time to focus on healing, reaching out, and connecting in safe ways by acknowledging that it's okay to not be okay.



Tips for Improving Your Mental Wellbeing

- 1 Try to relax and reduce stress.
- 2 Find ways to learn and be creative.
- 3 Spend time in nature.
- 4 Connect with others.
- 5 Look after your physical health.
- 6 Try to improve your sleep.