



Approximately 43.8 million adults in the United States face the day-to-day reality of managing the symptoms of a mental illness.

## **A History of Mental Health Awareness**

*Believe it or not, Mental Health Awareness Month dates back to 1949. And since then, more and more organizations continue to work together to celebrate this annual tradition and help reduce the social stigmas surrounding mental illnesses.*

*Mental Health Awareness Month was established to “fight stigma, provide support, educate the public and advocate for policies that support people with mental illness and their families,” (NAMI). It’s true that many of us struggle with depression, grief, body image, or other conditions. In fact, “1 in 5 people will be affected by mental illness in their lifetime.” But by participating in local community activities, special events, and programs that help reduce social stigmas through education, you, your friends, coworkers, and neighbors will feel encouraged to make self-care a top priority and to become more mindful of the needs of others.*

## **Mental Health Awareness Activity Ideas**

*Every year, Mental Health Awareness Month has a creative theme. This year’s theme centers around the connection between our minds and bodies. And so, people are encouraged to start tagging #4Mind4Body on their social channels to help raise awareness.*

*There are several events, activities, and challenges available to individuals of all ages that may help you refocus your intentions and prioritize mental health in your life. Whether you’re living with a mental illness or not, participating in the below activities will help foster a more tolerant, supportive, and understanding perception that inspires you and your loved ones to pursue better, fuller lives— together!*

## ***Ideas for Employers***

*Mental health awareness activities for work are easy to implement and can boost team morale, production, and employee wellbeing. Here are several ways to raise awareness at the office:*

- *Establish paid-time-off (PTO) programs that benefit your employees and encourage mental wellness breaks throughout the year. An example could be offering employees a birthday vacation day (tip from [Austin Benefits Group](#)).*
- *Share news, quizzes, and other fun resources that help educate others about mental health. (For ideas on positive conversation topics, visit [time-to-change.org.uk](http://time-to-change.org.uk)).*
- *Host fun work events, volunteer days, or mid-week breaks—such as bring-your-pet-to-work day or afternoon tea-time breaks (tips from Austin Benefits Group).*

## ***Ideas for Adults***

*Adults also have several opportunities to incorporate activities into their daily routines:*

- *Learn more about mental health and stigmas by updating your reading list. You may decide to include N. Bly's *Ten Days in a Mad-House*, J. Bruce's *Stigma: The Many Faces of Mental Illness*, or other titles (see full reading list at [PositivePsychologyProgram.com](http://PositivePsychologyProgram.com)).*
- *Take a break from work, whether it's a [staycation](#) or vacation, and allow yourself to rest, recharge, and come back to the office feeling reinvigorated.*
- *Reap the benefits of animal companionship with pets and service animals (tip from [Mental Health America](#)).*
- *Utilize mental health mindfulness exercises and tools like mood trackers and self-reports, (tip from [PositivePsychologyProgram.com](http://PositivePsychologyProgram.com)).*
- *Add more laughter and humor into your life (For more information on ways to add more humor in your life, visit [MentalHealthAmerica.com](http://MentalHealthAmerica.com)).*

## ***Ideas for Children & Teens***

*There are many different mental health awareness activities for students in both primary and high school settings that can be completed at home or incorporated into school curricula, such as*

- *Incorporate mindfulness exercises and worksheets into classroom activities (tip from PositivePsychologyProgram.com)*
- *Invite an expert guest speaker to an upcoming assembly to discuss the importance of mental health and answer questions.*
- *Provide children with reading materials that focus on mental health and are relatable to their age groups, such as E.N. Flinn's *Dear Allison: Explaining Mental Illness to Young Readers* or T. Rath and M. Reckmeyer's *How Full is Your Bucket?* (tips from PositivePsychologyProgram.com).*

***Please Note:*** Johns Hopkins also have a link on Mental and behavioral health as follows:

<https://www.hopkinsmedicine.org/health/mental-and-behavioral-health>

# May 5<sup>th</sup> declared Missing and Murdered Indigenous Women Awareness Day



**May 5, 2021**



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[LOCAL NEWS.](#)

**WISCONSIN (WQOW)** - On Wednesday, Gov. Tony Evers officially declared May 5 as a day of awareness for missing and murdered indigenous women and girls throughout the state of Wisconsin.

According to a 2016 report from the National Institute of Justice, 84% of indigenous women have experienced violence in their lifetime and more than half have experienced sexual violence. Also in 2016, the National Crime Information Center reported nearly 6,000 cases of reported missing indigenous women and girls, but the U.S. Department of Justice logged only 100 cases.

"The fact that some of this stuff is very well hidden or just not known about," said Andrea Kubishak, a junior at UW-Eau Claire. "People don't know, so they don't act on it."

On Wednesday, dozens of red dresses could be seen hung across UW-Eau Claire's mall. The exhibit, called the "Red Dress Project", highlighted the violence against indigenous women and girls that too often goes unmentioned.

That call for awareness has also reached the state level.

"It's about the victims, it's about the families of the victims and it's also about the survivors," said Lt. Gov. Mandela Barnes. "We have to make sure that we center those voices with the work that we do."

That work is now signified in a formal proclamation and a promise to protect, with Evers' May 5 declaration.

Across the state of Wisconsin, there are 11 federally recognized native tribes.

*Asian and Pacific Islander Achievers Award recipients at  
JHH, JHHCG & JHH*



*May is National Asian and Pacific Islander Heritage Month, and we are proud to kick off this recognition for the JHM community as we recognize the rich history of contributions from Asians and Pacific Islanders in industries such as science, medicine, the arts and many others. Take a moment to read a guide on Asian and Pacific Islander history.*

*Congratulations to the Asian and Pacific Islander  
Achievers Award recipients:*

*Jagríti Bhattacharai, Assistant Professor, The Johns  
Hopkins University School of Medicine;*

*Denise Fu, Clinical Programs Manager, Johns Hopkins  
Home Care Group;*

*Soo Yeon Kim, Director of Musculoskeletal Medicine  
and Co-Director of JH PACT, The Johns Hopkins  
University School of Medicine; and*

*Ting-Jia Lorigiano, Internal Medicine Resident, The  
Johns Hopkins Hospital*