

MINDFUL WORD SEARCH

Look for the words listed below.

H	R	E	A	D	C	O	T	F
S	A	J	O	U	R	N	A	L
R	U	I	W	A	N	P	U	Y
U	S	B	A	P	I	L	E	O
N	A	P	G	W	C	A	O	G
B	E	N	E	U	S	Y	C	A
L	N	W	A	T	E	R	I	N
O	L	A	B	O	T	E	J	F
V	I	M	B	G	P	S	H	U
E	H	W	A	L	K	T	C	N
P	S	U	N	S	H	I	N	E

Love

Sunshine

Play

Rest

Nap

Run

Fun

Journal

Read

Yoga

Water

Walk



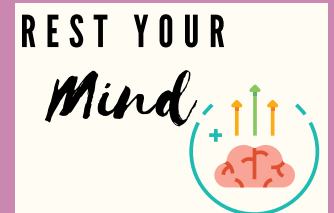
SAMHSA
Substance Abuse and Mental Health
Services Administration



Grown Up Time Out

We encourage you to take a Grown Up time Out as a form of self care. Just 2-5 minutes of time to think about yourself and recharge can ensure that a bad moment does not become a bad day, week or month.

Below are simple things you can do to help you take a mindful few minutes to yourself



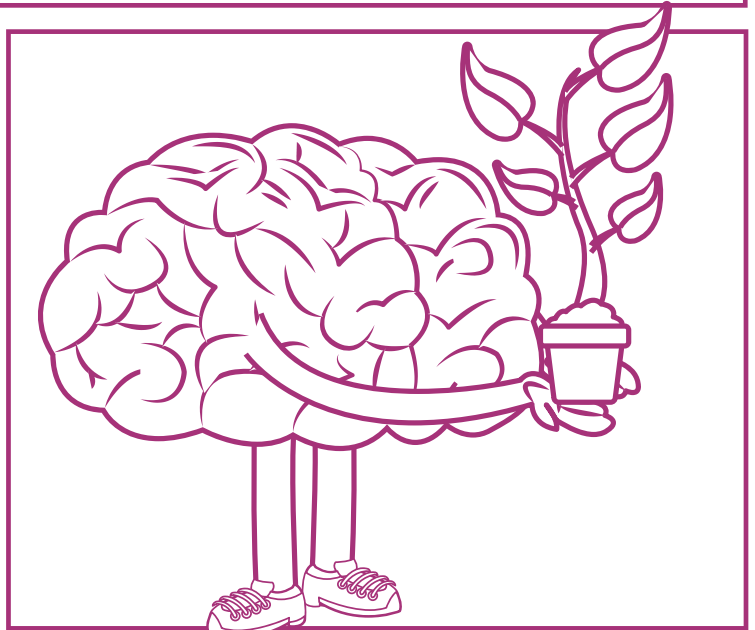
THE TRUTH ABOUT MENTAL HEALTH

BASIC INFORMATION

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act as we cope with life. It also plays a role in determining how we handle stress, relate to others, and make choices.

FACTS

- Research shows that mental illnesses are common in the United States, affecting tens of millions of people each year.
 - Estimates suggest that only half of people with mental illnesses receive treatment.
 - An estimated **31.1% of U.S. adults** experience a type of **anxiety disorder** at some time in their lives
 - An estimated **2.2% of adolescents** had **generalized anxiety disorder**, and an estimated 0.9% had severe impairment. Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition (DSM-IV) criteria were used to determine impairment.
 - The prevalence of **generalized anxiety disorder** among adolescents was higher for females (3.0%) than for males (1.5%).
 - **Major depression** is one of the most common mental disorders in the United States
 - An estimated **17.3 million adults** in the United States had at least **one major depressive episode**. This number represented 7.1% of all U.S. adults
 - The prevalence of adults with a major depressive episode was highest among individuals aged 18-25 (13.1%)
- Data Source:** www.nimh.nih.gov



MORE INFORMATION

If you are interested in learning more about **Mental Health** check out the resources below:

- The National Institute of Mental Health (NIMH) is the lead federal agency for research on mental disorders www.nimh.nih.gov
- The National Alliance On Mental Illness www.nami.org
- The Substance Abuse and Mental Health Services Administration is a branch of the U.S. Department of Health and Human Services www.samhsa.gov

LOCAL RESOURCES

If you are interested in accessing local **Mental Health** support check out the resources below:

- Genesee Health System is the behavioral health partner of Flint ReCAST
- **Get online care:** www.genhs.org
- **Address:** 420 W 5th Ave, Flint, MI 48503
- **Phone:** (810) 257-3705
- **24 hour Crisis Hotline:** 1-810-257-3740



A PEEK INSIDE MY MIND

In these clouds, write down all of the thoughts and feelings that you are having. They can be happy thoughts, sad thoughts, worried thoughts, and even excited thoughts!

