

Challenges

Mental health challenges are surprisingly common. They affect almost every family in Hawai'i regardless of age, ethnicity, gender, economic status, or location. There's a very good chance that you know someone who is affected. The good news is that effective treatments are available and people can recover.



Mental health challenges are health conditions involving changes in thinking, mood, or behavior. The challenges manifest themselves in many different ways, but one thing is the same: receiving treatment and community support is crucial to recovery.

If you or someone you know is experiencing mental health challenges that persist for more than two weeks, talk to your primary care physician or visit hawaii.networkofcare.org for information on resources online and in your community.

ACCESS Line

If you or a family member are experiencing a mental health crisis or if you need information about accessing mental health services, call 24 hours a day, 7 days a week: (808) 832-3100 or toll-free at 1-800-753-6879.

The Hawai'i State Department of Health, Adult Mental Health Division's ACCESS Line provides a team of trained and experienced professionals to provide help to you or a family member in times of mental health crisis.



Visit hawaii.networkofcare.org

Network of Care Online

The State of Hawai'i Network of Care (hawaii.networkofcare.org) for Mental/Behavioral Health is a comprehensive online resource to find information on mental health services and to connect with others with similar interests. Below are some of the resources there:

Services: Search a comprehensive directory to find various services in your community.

Library: Find helpful, current information on health conditions, medical tests and procedures, medications, and everyday health and wellness issues.

Legislate: Send your views directly to lawmakers.

Support & Advocacy: Find out about the organizations that provide valuable support to individuals and families living with mental illness.

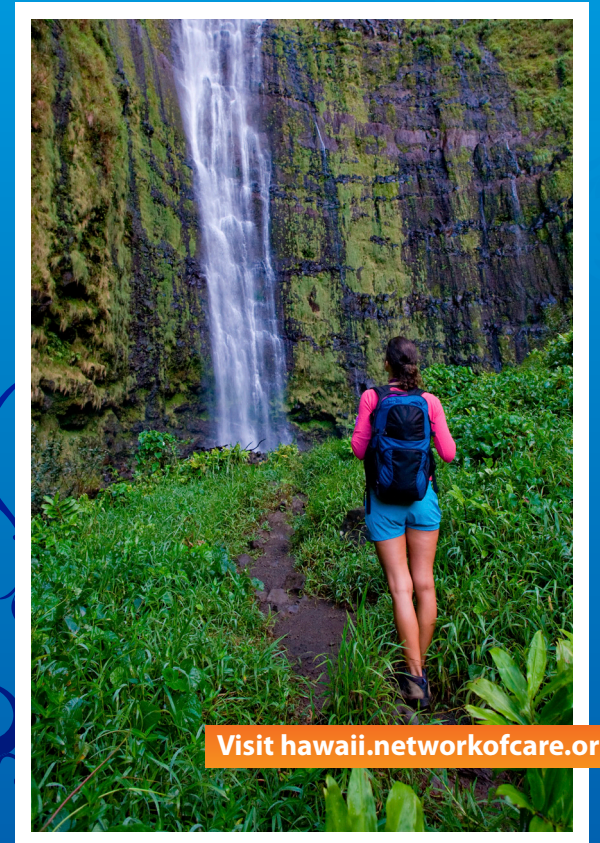
My Folder/WRAP: Organize and store your health care, community support services, and WRAP information in a private, secure place.

Message Board: Post questions or concerns with the entire Network of Care community on a public message board.

Community Calendar: Post events, meetings, and activities you wish to share with others.

For Providers: Build your own free webpage at no cost.

Mentally Healthy, Physically Fit



Visit hawaii.networkofcare.org



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HAWAII MHT SIG

Mentally Healthy, Physically Fit

Much like our physical health, our mental health needs attention. All of us face challenges to our mental health.

When we are physically hurt or ill, our thinking and emotions naturally follow. We may feel down, insecure, or emotionally fragile. Conversely, when we experience mental or emotional challenges, our bodies may feel sluggish, tired, or strained. Researchers are just beginning to see this link between mind and body, but common sense has always told us that to reach our optimum health, we need be **Mentally Healthy, Physically Fit**.

Mentally Healthy

Most of us know what it means to be healthy physically, but what does it mean to be healthy mentally? When we are mentally healthy, we are able to enjoy the positive things in our life. Whether it is our friends, our family, our surroundings, or our work, we are able to gain pleasure from the good they have to offer.

Mental fitness means we can deal with adversity, be creative, think clearer, and be open to learning new things and meeting new people. If there is tragedy or loss in our life, we can cope with the sadness and anger it brings and eventually, return to enjoying life once again.



DAILY TIPS

Time

Make time in your day to relax, reflect, and rejuvenate. Take short breaks throughout the day. Indulging in some downtime is important to maintaining your health.

Space

Devote a space to yourself to get away from it all. Take time out from work, negative influences, and burdensome roles for yourself. Whether it is a space in your home, the park, or a coffee shop, we all need someplace to call our own to relax, play, and exercise.

Bad things out

Moderate or quit the unhealthy indulgences in your life. Quick fixes such as alcohol, cigarettes, fast food, and caffeine will only lead to problems in the long run.

Good things in

Adults should be physically active at least 30 minutes each day and youth at least 60 minutes each day. You can break up your exercise into 10 minute increments if needed. Staying active reduces stress, depression, and anxiety. You'll feel better about yourself and will be able to better cope with adversity. Eat healthier by including fruits and vegetables in your diet. Drink lots of water and be sure to get enough sleep (about 8 hours).

Connect with others

Reach out to the people who have supported you in your life. Rekindle friendships or make new ones by joining clubs, community groups, classes, places of worship, or volunteer organizations. Contributing your efforts to a worthy cause or to a friendship will boost your confidence and self worth.

You

Plan to complete one or two small tasks during the week (like cleaning a room or running an errand) and do them. Try new things or learn a new skill. Keep yourself clean and nicely dressed and be sure to keep your mind just as clean. Push self-criticizing thoughts aside and praise your accomplishments and abilities. Call your primary care physician if unhealthy thoughts or feelings persist and interfere with your ability to function.



Exercise

We know that when we care for our body through diet and exercise, we benefit from weight loss, a healthier heart, more energy, stronger bones, and a boosted immune system. Less widely known are the benefits to our mental health. Studies show that exercise can:

- Improve our mood and self-esteem
- Allow for more restful sleep
- Reduce stress
- Reduce depression
- Boost brain power

Diet

Eating for your mind is the same as eating for your body. Your diet should include the following:

- One more fruit and one more veggie everyday
- Limit sweetened drinks and drink water
- Choose 1% milk or skim milk
- Whole grains (e.g., brown rice, whole wheat bread)
- Lean protein