

Quick Post # 1 - Mental Health Awareness Month

Mental Health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. It is easy to ignore the body indicators of poor mental well-being – consistent tense neck, poor sleep, and feeling irritable are some cues. Take time to focus on

what your body is telling you. The COVID-19 Wellness Pocket Guide provides tips and ideas for taking care of yourself and your family.