lewis campus recreation

MAY/JUNE 2025 EDITION

STALL STREET NEWS

Mental Health Awareness Month

Mental Health Month

Mental Health America founded Mental Health Month in 1949 and has led the effort every May to promote mental wellness nationwide.

Mental health can't wait. Taking action for your personal mental well-being—whether by setting boundaries, reaching out for support, or practicing self-care—can make a lasting difference. This Mental Health Month, prioritize yourself and explore the resources that can help you build resilience, manage challenges, and thrive.

Nurture Your Spirit

Spirituality isn't just about religion or meditation—it's what helps individuals feel a sense of meaning and connection. When you focus on growing spiritually, your mental health can benefit by finding peace, understanding, community, or a greater sense of purpose. Some common ways people feel spiritual connections include:

- **Religious practices:** prayer, worship, ceremonies, rituals, fasting, Holy Days
- **Mindfulness and meditation:** breathwork, body scans, mindful movement, sound baths
- **Connection to nature:** forest bathing, gardening, hiking/walking, nature meditation
- **Creative expression:** journaling, writing, art, music, movement
- **Awe and wonder:** feeling respect toward nature, witnessing acts of compassion, finding clarity of purpose, practicing sacred rituals or ceremonies that create shared experience

Resources

Scan the QR code to find a list of resources, including hotlines, organizations, and expert information from Mental Health America to help you or a loved one as you work on your mental well-being.

Ways to Show Support

- **Why wear green**? Green is more than just a color — it's the international symbol for mental health awareness. Representing fresh starts, optimism, and energy, wearing green (or even adding a touch of it to your space) makes a bold statement: ***I care about mental health!***
- **Volunteering** with a mental health organization in your community
- **Participating in an event** that supports mental health such as a 5K, health fair, or MHA's Be Seen in Green fundraiser in May
- **Contacting your elected officials**
- **Educate yourself** on mental health to become an advocate.

Mental Health America Website

Recreation Corner

Daily FREE Group Exercise Classes

Mondays-
Spin & Lower Body 12pm
Pilates Barre 2:15pm
Tuesdays-
Spin & Upper Body 12pm
Pilates Barre 2:15pm
Wednesdays-
Spin and Core 12pm
Yoga 2:15pm
Thursdays-
Spin & Total Body Strength 12pm
Circuit Training 2:15pm
Fridays-
Pilates/Yoga 12pm

Mark Your Calendar

May 1st, 3-6 PM University Green: I Love Lewis Day: Groovin' on the Green, stop by for food trucks, free giveaways, henna, rock climbing, and so much more!

Super Study Week of May 5th Various activities throughout the week!

May 7th, 12-1 PM BJG: What's On Wednesday: Wrap Up and Wind Down, join us for a variety of activities and a petting zoo!

Lewis Wellness Resources

QR code for the WELL

Follow us on social media! @LifeAtLewisU

QR code for the Timely Care App for 24/7 access