

MAY 2024

# Wellness Care Package



## Mental Health Matters

Move with a Doc | Tuesday, May 14 at noon

What does mental health mean to you? It can mean so many different things—from how you feel, to what you think, and even how you see the world. Whatever it means to you, caring for your mental health is just as important for your overall well-being as being active and eating well.

In support of Mental Health Awareness Month and your mental health, [join Dr. Roopa Shah](#) as she covers common diagnoses, like ADD, ADHD, and anxiety, when to see a doctor, and what you can do to help others navigate the changing world.



## May is Mental Health Awareness Month

The best way you can celebrate Mental Health Awareness Month and crush the stigma is to openly talk about mental health. With one in five U.S. adults affected by mental illness each year, you can let them know they aren't alone by learning more and having healthy discussions about mental health. Use our [Mental Health Awareness Toolkit](#) to learn about mental health and check in with your own mental well-being. And if you or someone you know needs help, there are resources available in the toolkit.

1 in 5



## Wish You Were Here by Jodi Picoult

Book Club | Thursday, May 16 at noon

[Join us for Book Club](#) to discuss this deeply moving novel about the resilience of the human spirit in a moment of crisis.

Follow the story of Diana O'Toole, who leaves for a vacation to the Galapagos without her boyfriend and gets locked down there as borders close during the COVID-19 pandemic. Away from everyone and everything familiar, Diana must adjust to extraordinary situations through a journey of self-reflection, awareness, and connection.

## Upcoming Events

- June 3-23: [WebMD Challenge: Rethink Your Drink\\*](#)
- June 11: [Move with a Doc: Today's Health Trends](#)
- June 20: [Learning Loft: Parenting Unscripted \(1 of 2\)](#)

## Foods to Boost Your Mood

Eating a diet high in fruits, vegetables, fish, and whole grains can help lower your risk for depression by fighting inflammation. Check out some mood-boosting recipes in this month's [Made from Scratch](#).



Explore more at [MO-Central.Medica.com/Wellness](https://MO-Central.Medica.com/Wellness)

*Programs are open to all, regardless of insurance, unless otherwise noted\**