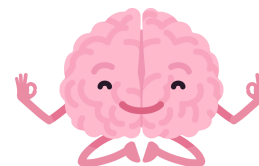




LA PTA HEALTHY MINDS

Making Mental Health an Everyday Priority

Fall 2024 Issue 1



Men's Mental Health Month: Prioritizing Well-Being

November is dedicated to raising awareness about men's mental health. While conversations around mental well-being have grown, men and boys often face stigma when addressing mental health issues. Research shows that men are less likely to seek help, leading to a higher risk of developing serious mental health conditions.

Tips for Men to Support Their Mental Health:

- **Talk About It:** Sharing your thoughts and feelings with trusted friends, family, or a mental health professional can make a significant difference.
- **Stay Active:** Regular physical activity can boost mood and reduce stress.
- **Check In with Yourself:** Recognize early signs of stress, anxiety, or depression and seek support when needed.

Let's work as a community to encourage open conversations and reduce the stigma around mental health for men.

Upcoming events:



Holiday Blues Webinar FB
Live 11/19 6:15 PM CST



PTA Connected/Ready Tech
Go! on Zoom 12/12 6:15 PM CST



Stay in touch :

Please allow for 24 hours for a response.



HealthyMinds@LouisianaPTA.org



(318) 489-3095



Jessica Latin, MA, LPC-S, PMH-C
Louisiana PTA Healthy Minds Champion



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Holiday Blues and Grief: Navigating the Season

The holiday season is often portrayed as a time of joy and celebration, but for many, it can also bring feelings of sadness and grief. Whether mourning a lost loved one, facing financial stress, or dealing with past memories, it's important to acknowledge these emotions.

Ways to Cope with Holiday Blues and Grief:

- Acknowledge Your Feelings: It's okay to feel a mix of emotions during the holidays. Give yourself permission to grieve or feel down.
- Connect with Support: Reach out to family, friends, or support groups who can understand and comfort you.
- Create New Traditions: Finding ways to honor loved ones or make new memories can bring a sense of peace and connection.

If you or someone you know is struggling, resources are available to help navigate through difficult times.

Gratitude Exercise

Write down 3 things you are grateful for below:

1. _____
2. _____
3. _____

