

# MENTAL HEALTH NEWSLETTER

Find ways to show love to yourself and others this month!

---



## Olympians Prioritize Mental Health in Beijing

Did you know that the United States Olympic & Paralympic Committee (USOPC) has a Mental Health Services division? Well, they do! The primary purpose of this team is to raise awareness around mental health, educate athletes on available mental health resources and empower the athletes to seek professional mental health assistance.

Since the winter Olympic Games have commenced, more and more athletes are speaking out about how they are managing their mental health throughout the next few weeks. Maame Biney and the Short Track Speed Skating team is prioritizing team building; Shawn White is working on building self-esteem and enjoying himself (not just the win); Jamie Anderson is using her doTERRA essential oils, hot chocolate, and nature walks; and Bode Miller sought professional counseling and is practicing doing reality checks to combat his distorted thoughts.

## WHAT'S NEW

---

### BLACK HISTORY MONTH AND MENTAL HEALTH

Learn more about how Black Americans are being impacted by mental illness and how we can help take a stand against the inequality!

### LOVE LANGUAGES

Learn what you and your loved one's love languages are to help improve your connection and relationship quality!

### SELF-CARE NEAR YOU!


Take a peek at some fun self-care activities near you!


# Black History Month and Mental Health

- Black adults are 20% more likely to experience mental health issues than the rest of the population
- Only 25% of Black Americans seek treatment for a mental health issue
  - Low due to misdiagnosis by doctors, socioeconomic factors, and a lack of Black mental health professionals
- Black Americans are less likely than white people to die from suicide as teenagers, however, are more likely to attempt suicide than are white teenagers
- Only 6.2% of psychologists, 5.6% of APNs, 12.6% of social workers, and 21.3% of psychiatrists are members of minority groups
- Black Americans of all ages are more likely to witness or be victims of serious violent crimes
  - Exposure to violence increases the risk of developing post-traumatic stress disorder, depression, and anxiety

Please keep in mind that these statistics represent a real issue that impacts that Black community every day and not just during Black History Month. Let us take a stand to help mental health care be equal in access and quality amongst all populations, regardless of race, as well as eliminate the stigma around getting help for mental health challenges!

## Love Languages

Have you ever felt unloved while being surrounded by loved ones? Have you ever felt disconnected to your partner or your children? Do your children ever say no one loves them? Did you know that some people can be told "I love you" and be bought a gift every single day and still not feel loved? 

People often try to show love only by saying "I love you," giving a hug, or buying gifts and do not understand why their kids or partner still does not feel loved. There is a simple answer to this...learn what yours and their love languages are! There are 5 love languages: Acts of Service, Receiving Gifts, Quality Time, Words of Affirmation, and Physical Touch. By learning what your love language is, and the love language for your child or partner, you can begin to identify the root of conflicts, connect with one another more, and grow closer! 

### Quiz:

<https://www.5lovelanguages.com/quizzes>

### Learn more:

<https://www.5lovelanguages.com/learn>

## Self-Care Near You!

[Metta Yoga February Self-Care and Interpersonal Connection Events](#)

[Princeton Health Events and Trainings](#)

[NJ Activities and Date Ideas](#)

[The Manly Man's Guide to Self-Care](#)

[Practice Self-Care with Your Partner](#)

