

# URBAN LEAGUE OF NORTHWEST INDIANA

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Urban League  
of Northwest Indiana, Inc.

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## August is National Wellness Month

The Urban League is making Well-being a priority

### Here are timely tips and ideas

- Find support for mental health, family, and caregiving responsibilities
  - Embrace a safe care mindset: sleep and stress management
    - Physical activity: at least 20 minutes a day
    - Commitment to wellness; create a relaxing atmosphere
- Seek resources for Financial Wellness: monthly budgets, student loan relief, and saving
  - Meditate Daily
- Focus on Nutrition: a healthy diet is good for the body and mind
  - Set boundaries to maintain mental health
  - Explore Gratitude and Positivity

**“It’s good to talk about mental health struggles; we all have them. It could mean talking with a friend or family member, or with your doctor or a counselor. It’s OK to not always feel OK. But if it becomes too much it’s time to seek help”(Wellness Every Day, 2023).**

Source: <https://www.wellnesseveryday.org/wellness-tips>

# Positive Self-Care

Caring for ourselves helps us to be better able to care for others.

- Think about what you've done recently that is positive self-care.
- Write down your positive self-care activities.
- Plan what you will do today for self-care.

# Gratitude

Practicing being thankful  
can make you feel more  
positive and peaceful.

Now, write down  
3 things that you  
feel grateful for.

# Time to Stretch

Stand up.

- Gently turn your head to the right.
- Hold, then slowly turn your head to the left.
- Hold, then return to center.
- Raise your arms to the sky and stretch.
- Bring your arms to be level with your shoulders.
- Twist your waist slightly while holding your arms out.



## August is National Wellness Month

By [Steve McCarty](#)

# NATIONAL WELLNESS MONTH

All during August, National Wellness Month focuses on self-care, managing stress and promoting healthy routines. Create wholesome habits in your lifestyle all month long and see how much better you feel!

Research has shown self-care helps manage stress and promotes happiness. Whether you challenge yourself to a new yoga pose or try a different spa treatment, make a small change and impact your health in positive ways.

There are numerous ways to make those small changes, too.

- Increase your water intake.
- Add more fruits and veggies to your meals.
- Monitor your sleep and make adjustments for better sleep habits
- Join a yoga, walking, or aerobics class.
- Learn to meditate.

These small steps can lead to many more healthy habits in your lifestyle.

**MentalHealth.gov** provides important resources to anyone in need of immediate assistance. The hyperlink provided here explains how to get [immediate help](#) with substance abuse, addiction, or mental health treatment by calling [1-800-662-HELP \(4357\)](#); when individuals are in emotional distress or are suicidal by calling [988](#); and in other potentially life-threatening situations by calling [911](#).

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