

HELIOS NEWSLETTER

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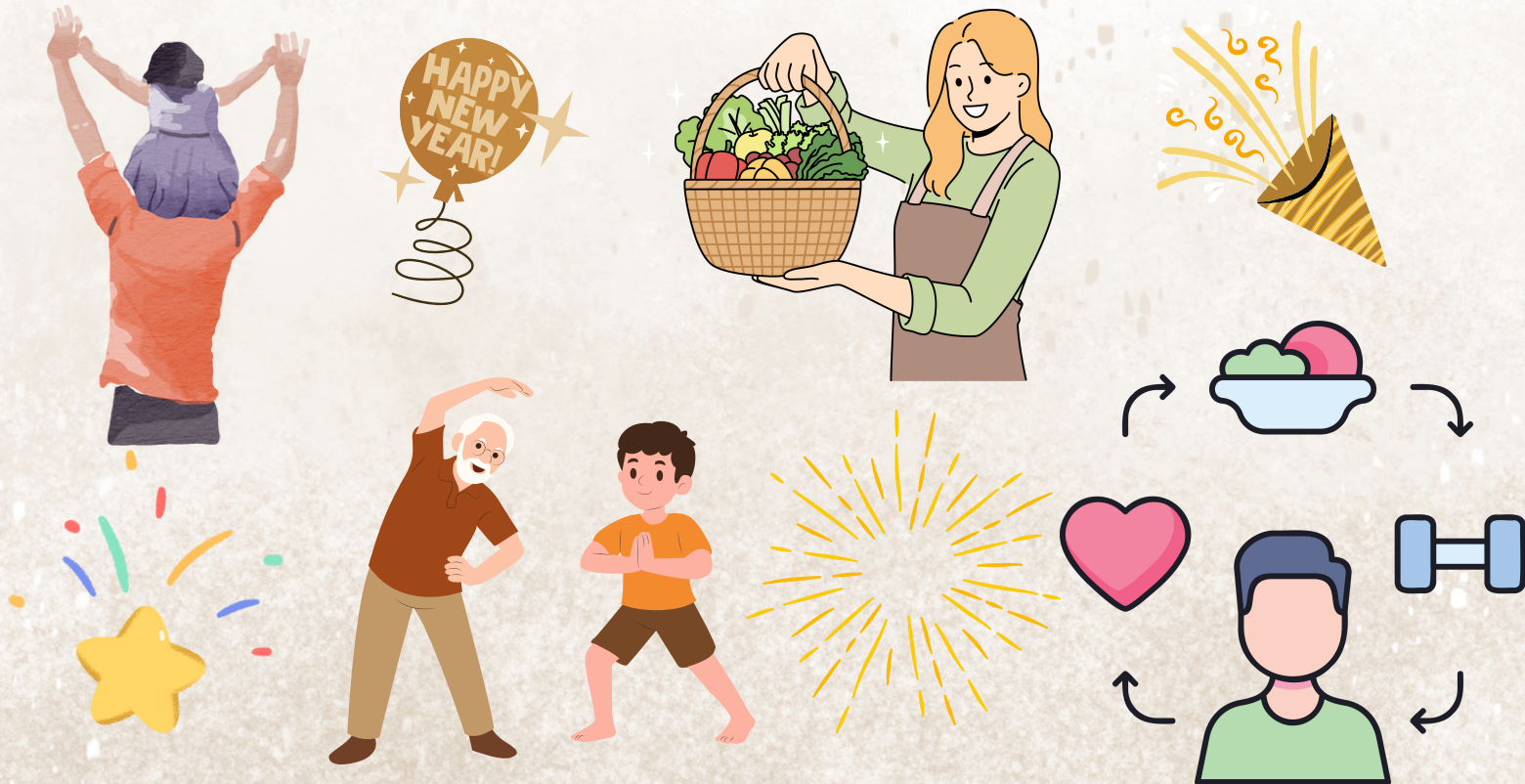


H A P P Y N E W Y E A R

JANUARY

JANUARY IS MENTAL WELLNESS MONTH.

THAT MEANS THIS IS THE PERFECT TIME OF YEAR TO EITHER CREATE OR MAINTAIN SOME HEALTHY HABITS THAT WILL HELP YOU STAY MENTALLY WELL FOR THE ENTIRETY OF 2026.



MENTAL WELLNESS CAN BE TOUGH IN JANUARY; DAYS ARE SHORT AND THE HOLIDAY JOY OF DECEMBER IS OVER.



THERE ARE SEVERAL THINGS YOU CAN DO TO STAY MENTALLY WELL, AND DOING A LITTLE BIT OF ALL OF THEM CAN HELP EVEN MORE.



- **PRIORITIZING SLEEP HELPS WITH MEMORY, MOOD, AND IMMUNITY AMONGST OTHER THINGS.**
- **ENGAGING IN HOBBIES CAN PROMOTE JOY.**
- **SPENDING TIME WITH FRIENDS AND FAMILY HELPS US TO FEEL CONNECTED.**
- **SPENDING TIME OUTSIDE, EVEN WHEN IT IS COLD, DECREASES STRESS AND IMPROVES MOOD.**



**ARTICLE BY
ABIGAIL LEWIS,
LMSW**

IF YOU ARE INTERESTED IN BRAINSTORMING WAYS TO IMPROVE YOUR MENTAL WELLNESS, PLEASE REACH OUT AND SCHEDULE AN APPOINTMENT, OR SPEAK WITH YOUR ESTABLISHED PROVIDER.