



# Move Your Body, Strengthen Your Mind, Nourish Your Spirit

## Director's Corner

As we welcome the summer season, I encourage everyone to find simple ways to stay active and prioritize their health. Over the past several weeks, I have committed to walking regularly and making movement a part of my routine. To challenge myself, I recently purchased a weighted vest to wear during my walks and a jump rope to add variety to my workouts. While staying motivated is not always easy, I continue reminding myself that every step counts.

Health is not about perfection, it's about consistency. Whether it's a daily walk, stretching before work, taking the stairs, or spending time outdoors with family, small changes can lead to lasting results. As the weather warms up, I encourage you to get moving, stay hydrated, and find activities you enjoy.

June is also a month filled with opportunities to celebrate, reflect, and support one another. This month we recognize Men's Mental Health Awareness Month, Pride Month, Juneteenth, and Father's Day. Each observance reminds us of the importance of community, acceptance, resilience, and overall well-being. Let's continue making health a priority and remember that every healthy choice today contributes to a healthier tomorrow.

– Jamille Murphy, Director

Youngstown Local Office on Minority Health





# Men's Mental Health Awareness Month



## Strong Men Take Care of Their Mental Health

June is Men's Mental Health Awareness Month, a time to raise awareness about the unique mental health challenges men face and encourage open conversations about emotional well-being. While physical health is often prioritized, mental health is just as important. Taking care of your mind is not a sign of weakness—it is a sign of strength.

## What Mental Health Can Look Like in Men

Mental health struggles do not always look the same for everyone. Men may not openly talk about feeling sad, anxious, or overwhelmed. Instead, mental health concerns may show up as:

- Increased irritability or frustration
- Anger or frequent mood swings
- Difficulty concentrating
- Changes in sleep patterns (sleeping too much or too little)
- Loss of interest in activities once enjoyed
- Withdrawing from family and friends
- Increased alcohol or substance use
- Feeling hopeless, overwhelmed, or emotionally numb
- Physical symptoms such as headaches, stomach issues, or fatigue

Because these signs are often overlooked, many men suffer in silence.



## Healthy Ways to Cope with Frustration and Stress

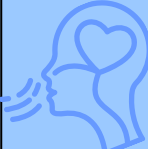
Everyone experiences frustration, disappointment, and stress. The key is learning healthy ways to manage those emotions.

### Try:

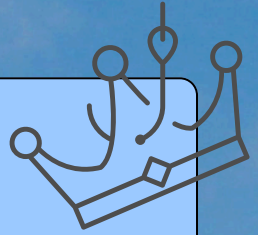
- Taking a walk or engaging in physical activity
- Practicing deep breathing exercises
- Talking with a trusted friend, family member, mentor, or counselor
- Listening to music or engaging in a hobby
- Writing thoughts and feelings in a journal
- Taking breaks when emotions become overwhelming
- Participating in community activities or support groups
- Focusing on solutions instead of reacting in the moment

### Avoid:

- Bottling up emotions
- Aggressive behavior
- Excessive alcohol or drug use
- Isolating yourself from others



Be intentional about what you allow into your space—your peace depends on it.



## When Should Men Seek Help?

Mental health affects every aspect of our lives—our relationships, physical health, work performance, decision-making, and overall quality of life. When mental health is neglected, stress can impact the heart, immune system, sleep, and overall wellness.

Taking care of your mental health helps you:

- Build stronger relationships
- Improve communication
- Manage stress more effectively
- Increase self-confidence
- Improve physical health
- Be more present for your family and community
- Enjoy a greater sense of purpose and fulfillment



## Remember



You do not have to carry every burden alone. Asking for help is not a weakness—it is a courageous step toward healing. Strong men talk, strong men seek support, and strong men prioritize their well-being.

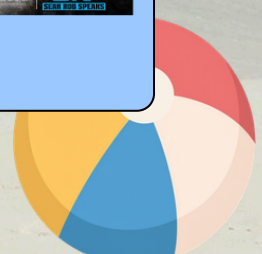
**Your mental health matters. Your story matters. You matter.**

Men, come HIT THE BAG on June 20th and channel your frustration, stress, and everyday pressures in a healthy and productive way. This event is more than just hitting a punching bag—it's an opportunity to connect, fellowship, and build relationships with other men in the community.

No matter what you're facing, you don't have to face it alone. We are here to support, encourage, and uplift one another. Join us for an afternoon of movement, conversation, and brotherhood as we remind each other that strength is not found in silence—it's found in community.

You are seen. You are valued. You are supported. We hope to see you there.

See flyer for details!



# HAPPY JUNE TEENTH

## Juneteenth – June 19

Juneteenth commemorates the day in 1865 when enslaved African Americans in Texas learned they were free, more than two years after the Emancipation Proclamation was issued. Today, Juneteenth serves as a celebration of freedom, culture, progress, and the continued pursuit of equality.

## Pride Month

Pride Month celebrates the strength, resilience, and contributions of LGBTQ+ individuals and communities. It is also a time to promote inclusion, respect, and equal access to healthcare and supportive resources for everyone.

# HAPPY Pride MONTH

# HAPPY FATHER'S DAY

## Father's Day – June 21

To all the fathers, grandfathers, stepfathers, father figures, and mentors, we wish you a very Happy Father's Day!

Too often, fathers may feel overlooked or underappreciated, but today we pause to recognize and celebrate you. We see the sacrifices you make, the long hours you work, the lessons you teach, and the love and guidance you provide to your families and communities.

Your presence matters. Your influence matters. The time, effort, and commitment you invest in your children and loved ones help shape future generations. Whether you are leading by example, offering words of wisdom, providing support, or simply showing up day after day, your impact does not go unnoticed.

Thank you for your hard work, dedication, strength, and love. You are appreciated not only on Father's Day, but every day of the year.

Take time to celebrate yourself, create lasting memories with those you love, and enjoy all that this special day has to offer.

**Happy Father's Day from the Youngstown Local Office on Minority Health!**

