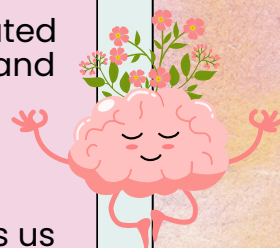


Protect Your Peace, Feed Your Mind, Heal Your Soul

What is Mental Health Awareness Month?

May is recognized as Mental Health Awareness Month, a time dedicated to raising awareness, reducing stigma, encouraging conversations, and promoting emotional wellness. Mental health is just as important as physical health. It affects how we think, feel, handle stress, build relationships, and make decisions.

Many people carry silent battles—stress, anxiety, depression, grief, burnout, trauma, or simply feeling overwhelmed. This month reminds us that asking for help is strength, not weakness.



Why You Must Guard Your Mind & Soul

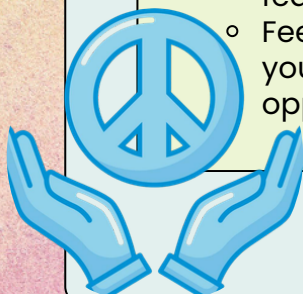
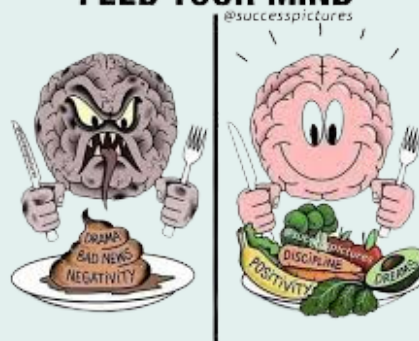
Your environment matters—mentally, emotionally, and spiritually.

- You Become What You Consume
- What you watch, listen to, and who you surround yourself with all pour into you. Positive input fuels growth, while negativity drains your energy and focus.
- Mental & Emotional Health Matters
- Constant exposure to drama, negativity, gossip, or disrespect can leave you feeling anxious, overwhelmed, and mentally stuck.
- Your Mind is Always Learning (Subconscious Power)
- Your mind operates on what it's fed.
 - Feed it doubt → you'll feel fear and hesitation
 - Feed it confidence & faith → you'll begin to see opportunities and growth

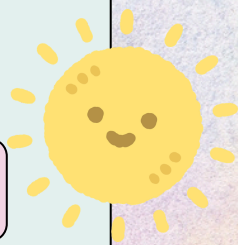
Ways to Cope & Strengthen Your Mental Health

- Take breaks when needed—rest is productive
- Stay connected with people who pour into you
- Move your body (walk, stretch, fitness classes like YO Boxing or Fitness Remix 🧡)
- Limit social media when it becomes overwhelming
- Practice gratitude—focus on what is going right
- Don't be afraid to ask for help or talk to someone

YOU BECOME WHAT YOU FEED YOUR MIND



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





Sleep & Mental Health: More Connected Than You Think

Poor sleep can impact your mood, memory, focus, patience, and emotional balance. Sleep deprivation can increase anxiety, irritability, depression symptoms, and stress levels. Over time, a lack of quality sleep can also weaken your immune system, lower productivity, and make it harder to cope with everyday challenges.



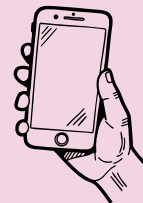
Signs You May Need Better Sleep

- Constant fatigue
- Brain fog
- Mood swings
- Trouble focusing
- Increased cravings
- Feeling emotionally overwhelmed



What Can Rob You of Sleep?

- Stress and overthinking
- Scrolling on your phone late at night
- Too much caffeine
- Irregular sleep schedule
- Heavy meals before bed
- Alcohol
- Noise or bright lights
- Anxiety or unresolved emotions



Tips to Fall Asleep & Stay Asleep

- Go to bed at the same time nightly
- Turn off electronics 30–60 minutes before bed
- Keep your room cool and dark
- Avoid caffeine late in the day
- Try magnesium-rich foods or herbal tea
- Stretch, pray, journal, or breathe deeply before bed
- Don't bring tomorrow's worries into tonight's bed





Allergy Season Is Here

This time of year, tree (oak, birch, maple) and grass pollen are at moderate to high levels. High winds may worsen conditions, while humidity can increase mold growth. If you've been sneezing more lately—it may not be a cold.



Common Symptoms

- Sneezing
- Runny nose (with clear mucus)
- Red, itchy & water eyes
- Congestion (stuffy nose)
- Headaches
- Itchy throat, dry cough, postnasal drip
- Fatigue (from poor sleep) and pressure in the sinuses



Tips for Relief & Management

- Keep windows closed on windy days
- Shower/change clothes after being outside
- Use air filters if possible
- Wash bedding often
- Check pollen counts before outdoor activities
- Wear sunglasses outside
- Stay hydrated
- Use saline rinse or allergy medication if approved by your doctor
- Vacuum and dust regularly



When to Seek Help

If symptoms affect sleep, breathing, work, or daily life, talk with a healthcare provider.

🌸 **Mother's Day Spotlight: Honoring the Strength of Mothers**

"Strong mothers raise strong communities."

Mother's Day is more than flowers and gifts—it's a time to recognize the strength, sacrifice, and resilience of mothers and mother figures in our lives.



Many mothers carry the weight of:

- Caring for their families
- Managing stress and responsibilities
- Putting everyone else first



♥ **Mental Wellness Tips for Moms**

- Take time for yourself—without guilt
- Ask for help when you need it
- Rest when your body tells you to slow down
- Set boundaries to protect your peace
- Stay connected with supportive people

🌻 **A Message to Mothers**

To every mother, grandmother, aunt, and caregiver—
We see you. We appreciate you. We honor you.
Your strength doesn't go unnoticed, and your health matters too.



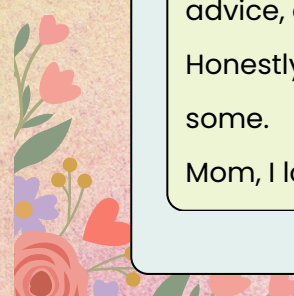
A Special Tribute to My Mother 🌸

I just want to take a moment to honor my mom. She raised my sister and I as a single mother, and she did it with strength, grace, and a village of strong women who stood beside her every step of the way. Watching her navigate life, pour into us, and still show up for others shaped so much of who I am today.

She is one of the most caring, supportive, loving, and truly remarkable women I know. Not just to us, but to everyone around her. She's a mother, grandmother, great-grandmother, sister, and friend... but more than that, she's the person everyone calls when they need advice, comfort, or just someone to listen. She's always there.


Honestly, she deserves every award there is that celebrates and honors mothers and then some.

Mom, I love you and appreciate you more than words can explain. ♥




Director's Corner

Hey everyone, just checking in with you all and giving a little update on my wellness journey. I'm doing the best I can with this busy schedule of mine. I haven't been as consistent with working out as I'd like, but I am making an effort to move more, walk more, and stay active whenever I can. Sometimes progress looks different, and I'm learning to accept that.

Now let's talk about these eating habits . During the week, I do pretty good. But once the weekend hits... whew chile... snacks, cravings, and overindulging try to win every time. I'm still working on balance and giving myself grace while staying focused.

My goal right now is simple, keep showing up for myself, even if it's not perfect. Small steps still count.

So tell me... what are you doing to stay healthy these days? Any good snack swaps or easy recipes I need to try? Help me out! 

— Jamille Murphy

Director, Youngstown Local Office on Minority Health



CR Fitness Presents
Bible Boot Camp

A time for women to read the Bible, pray, and build community. Enjoy a workout session while listening to Christian music!

MONDAYS 7-8PM
WITH CHRISTINA RIVERA

RICHARD W. AND EUGENIA C. ATKINSON RECREATIONAL CENTER
903 OTIS ST. YOUNGSTOWN, OHIO 44510

FREE FOR MEMBERS!
\$5.00 PER CLASS FOR NON-MEMBERS

For more information contact:
Email: rlw@youngstownohio.gov
Phone: 330-742-5299






I'm still looking for a workout partner—someone we can motivate, encourage, and hold each other accountable with. If you've been thinking about getting started or getting back on track, this is your sign... let's do it together!



NO BOXING

Total Body Workout for a Healthier YOU!

TUES. & THURS.
6PM-7PM
REC CENTER

TRY IT JUST **\$5.00**
Per class for non-members
FREE For Members!

WHAT YOU LEARN?

- ✓ Boxing Fundamentals
- ✓ Strength Building
- ✓ Stretching & Mobility
- ✓ Empowerment
- ✓ Stress Relief

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