



January 2025

Coming in January

1/9: MHRs Board meeting

1/20: MLK Jr Day-office closed

visit our events calendar at www.mhrs.org

Embracing Mental Wellness in 2025



Muskingum Area Mental Health & Recovery Services Board

January marks the beginning of a new year, and it's the perfect time to focus on nurturing our mental health. As we celebrate Mental Wellness Month, it's important to recognize that mental wellness is just as essential as physical health. It impacts our ability to handle stress, maintain healthy relationships, and function productively in our daily lives. Taking steps to prioritize mental wellness can create a foundation for a healthier, happier year.

Mental wellness is about more than just the absence of mental illness—it's about feeling balanced, resilient, and capable of managing life's challenges. In our latest blog, we explore the many benefits of mental wellness, including reduced stress, improved emotional regulation, and increased resilience. By integrating simple practices into our daily lives, we can better manage stress, build a positive mindset, and improve overall well-being.

To support your mental wellness journey, we recommend focusing on practical tips like practicing mindfulness, building a mental health toolbox, maintaining regular physical activity, and ensuring adequate sleep. Social connection is another important element, as positive interactions with friends, family, and your community can significantly boost mental health.

This month, take a moment to reflect on your mental wellness practices and consider setting one new goal for the year ahead—whether it's dedicating time to mindfulness, starting a journaling habit, or committing to regular exercise. Remember, mental wellness is a lifelong journey, and every small step counts. Let's start 2025 with the goal of building stronger mental wellness habits and supporting each other in creating a healthier, more balanced life.

