



JULY 2025

Coming in JULY:

7/4: OFFICE CLOSED

7/10: BOARD MEETING

Hot Enough for Ya? Let's Talk Mental Health.



Muskingum Area Mental Health & Recovery Services Board

It's July in Ohio, which means the weather forecast is basically "hot, humid, and hope you have good deodorant." While we're all fanning ourselves and debating whether it's socially acceptable to take three showers a day, let's not forget: the heat doesn't just fry eggs on the sidewalk—it messes with our mental health, too.

Ever notice people get crankier when it's 95 in the shade? There's a reason for that. High heat can make us irritable, anxious, tired, and downright unreasonable. (Shout-out to everyone who's lost it over a broken AC this month. We see you. We are you.)

And it's not just mood. Sleep goes out the window when your bedroom feels like a slow-cooker. Lack of rest makes everything harder: concentration, emotional regulation, patience for people who stand too close in line (back off Barbara!) So, in the spirit of staying sane while we slowly roast, here are a few reminders:

- ✓ Hydrate like your sanity depends on it. Because it kind of does. Water is your friend. Coffee is not water. Iced coffee is still not water (rude!)
- ✓ Take it slow. Don't try to prove anything to your neighbor by mowing the yard at noon. That's a one-way ticket to regret (and heat exhaustion).
- ✓ Know your limits. If you're feeling wiped out, angry, or like you might just scream into the sun—take a break. Sit in the shade. Binge-watch something. The yard will wait.
- ✓ Check in on folks. Not in a nosy way, but in a "hey, you surviving this heat?" kind of way. It matters.
- ✓ Give yourself grace. We're all a little extra right now. If you snap or get teary for no reason, blame the heat and try again tomorrow.
- ✓ Ask for help if you need it. Seriously. Mental health challenges don't care about the season. Call 988 if you're in crisis or just need to talk it out.

So let's all try to stay cool, be kind (even to ourselves), and remember that this heat wave won't last forever. (Right? Please tell me it won't.) For resources or to learn more about what we do, visit www.mhrs.org or give us a call. Let's keep taking care of ourselves—and each other—even when the sun's trying to kill us.

