May is Mental Health Awareness Month

Every May, Mental Health Awareness Month is celebrated throughout the U.S. to increase awareness about the vital role mental health plays in our overall health and well-being. Raising awareness not only reduces the negative stigma associated with mental health, but also helps others feel more comfortable to seek treatment when needed. Without treatment, mental health issues can worsen over time and reach a crisis point. It is currently estimated that about 26% of Americans ages 18 or older, or 1 in 4 adults, suffer from some type of diagnosable mental disorder. Healthy Fontana encourages everyone facing a mental health issue to take those first steps to mental wellness by seeking some form of treatment.
About Mental Health

According to the CDC, mental health includes our emotional, physical, and social well-being. It affects how we think, feel, and act. Which in turn, enable people to cope with stress, relate to others, make healthy choices, realize their abilities, and contribute to their community. Mental health is a basic human right that is crucial to personal development.

Mental health is an important aspect at every stage of life. It can help you to cope with the stresses of life that everyone is sure to experience, help make and maintain good relationships, and keep you physically healthy as well. Poor mental health has been proven to affect your physical health and raise your risk for problems such as type 2 diabetes, heart disease, and stroke.

Mental Health in the Workplace

Although work is meant to be a place of productivity and opportunity, there are many ways a poor work environment, including discrimination and inequality, excessive workloads, and job insecurity can contribute towards poor mental health.

Strategies for Managing Mental Health & Stress in the Workplace

- Encourage employers to offer mental health and stress management education and programs that meet their needs and interests, if they are not already in place.
- Participate in employer-sponsored programs and activities to learn skills and get the support they need to improve their mental health.
- Serve as dedicated wellness champions and participate in trainings on topics such as financial planning and how to manage unacceptable behaviors and attitudes in the workplace to help others, when appropriate.
- Share personal experiences with others to help reduce stigma, when appropriate.
- Be open-minded about the experiences and feelings of colleagues. Respond with empathy, offer peer support, and encourage others to seek help.
- Adopt behaviors that promote stress management and mental health.
- Eat healthy, well-balanced meals, exercise regularly, and get 7 to 8 hours of sleep a night.
- Take part in activities that promote stress management and relaxation, such as yoga, meditation, mindfulness, or tai chi.
- Build and nurture real-life, face-to-face social connections.
- Take the time to reflect on positive experiences and express happiness and gratitude.
- Set and work toward personal, wellness, and work-related goals and ask for help when it is needed.

Throughout the year, health observances raise awareness for a variety of conditions and remind consumers to stay on top of their health.

This Month’s Observances:
Weeks to Note:
May 7-13: Children’s Mental Health Acceptance Week
May 14-20: National Women’s Health Week

Notable Days:
May 2: World Asthma Day;
May 5: World Hand Hygiene Day;
May 7: Children’s Mental Health Awareness Day;
May 18: HIV Awareness Day;

Sources/For More Info:
- National Alliance on Mental Illness
- Substance Abuse and Mental Health Services Administration
- Mental Health America
- CDC Mental Health Awareness
- CDC "Adult Mental Health-Taking Care of Your Mental Health"
- CDC Mental Health in the Workplace "Mental Health Disorders and Stress Affecting Working-Age Americans"
- Department of Health Care Services

Farmers’ Market Food Demos

Healthy Fontana is proud to provide monthly food demonstrations at each of the Fontana Farmers’ Market locations featuring products found throughout the market. Along with sharing some favorite recipes, we hope that participants will learn how to select, store, and prepare healthy food. Not able to make it for the demo itself? Stop by and try a free sample (while supplies last!)

This month’s food demos will take place on Thursday, May 4th from 4pm-6pm at Southridge Park and Sunday, May 7th from 12pm-2pm at Fontana Park featuring the below recipe.
Fudgy Fruit

*Chocolate covered fruit can be a great any time snack!*

Prep Time: 15 minutes  
Servings: 4 (1/2 banana, 2 strawberries per serving)

**What You Need:**

- 2 tablespoons semi-sweet chocolate chips  
- 2 large bananas, peeled & quartered  
- 8 large strawberries  
- 1/4 cup unsalted peanuts, chopped

**To Make:**

1. Place chocolate chips in a small microwave-safe bowl. Heat on high for 10 seconds and stir. Repeat until chocolate is melted, about 30 seconds.  
2. Place fruit on a small tray covered with a piece of waxed paper. Use a spoon to drizzle the melted chocolate on top of the fruit.  
3. Sprinkle the fruit with chopped nuts.  
4. Cover fruit and place in refrigerator for 10 minutes or until the chocolate hardens.  
5. Serve chilled.

**Studies suggest that bananas can play a role in relieving stress (anxiety & depression) and can increase memory function.**

Some tips on *selecting & storing bananas and berries:*

- Look for bananas that are firm and have a bright color with a little green on the stem & tip  
- Don't buy bananas that are very soft or have bruises  
- Keep ripe bananas on the counter for 2-3 days, or in the fridge for up to 2 weeks. The banana skin may become dark in the fridge, but they're still fresh in the inside.  
- Look for plump strawberries with a natural shine and bright red color. The tops should be attached and look fresh.  
- Don't buy strawberries that are bruised, moldy, or wrinkled.  
- Keep berries in the fridge for up to 3 days and wash just before consuming.  

**Other studies have shown that eating lots of fruits & veggies, including berries, may promote higher levels of optimism and self-efficacy and protect against depressive symptoms.**

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**Upcoming Events**

**Times/Locations Subject to Change**  
**Cancellations may also apply if inclement weather**
Visit the Healthy Fontana booth at one (or all) of these upcoming events for FREE resources and giveaways!

- **Thursdays, May 4th, 11th, 18th, & 25th:** [Fontana Farmers' Market](#), 2pm-7pm, Southridge Park (Don Day Center Parking Lot)
  - *May 4th celebrates the 1 year anniversary of the Farmers' Market and will feature a FREE food demo of the recipe of the month!* 4pm-6pm
- **Sundays, May 7th, 14th, 21st, & 28th:** [Fontana Farmers' Market (FM)](#), 10am-3pm, Fontana Park/Aquatics Center Parking Lot
  - *May 7th will feature a FREE food demo of the recipe of the month!* 12pm-2pm
- **Saturday, May 6th:** [Fontana Days Parade](#), 10am
- **Saturday, May 13th:** [Fontana Walks!](#), 8am, Miller Park Amphitheater
- **Saturday, May 20th:**
  - [Water Safety Challenge](#), 12-4pm
  - [Fontana Arts Festival](#), 5-10pm

The Healthy Fontana team is here to support you and help provide you with resources on how to be a healthier version of yourself. For more information about Healthy Fontana or the programs available to you, visit the [Healthy Fontana website](#) or connect with us via one of the ways below!

**Connect with Healthy Fontana**
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