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# idTHERApi

MONTHLY NEWSLETTER

## FIND YOUR CALM

This Month's Mindfulness Newsletter Dedicated to Mental Health Awareness Month



What's Inside ?

## WELCOME TO THE MAY EDITION OF FIND YOUR CALM

### Mindfulness for Mental Health Awareness Month

#### The Power of Gratitude in Times of Stress

#### 5-Minute Mindfulness Exercises You Can Do Anywhere

#### Mental Health Resources: Lifting the Stigma

#### Inspiring Quotes for Mindfulness

Here's your monthly dose of mindfulness and mental health awareness! May is a time to celebrate the beauty of spring and acknowledge the importance of mental well-being.

This newsletter is dedicated to providing you with tools and resources to cultivate inner peace and navigate life's challenges with greater clarity.



## MINDFULNESS FOR MENTAL HEALTH AWARENESS MONTH

May is Mental Health Awareness Month, a global campaign to raise awareness about mental health issues and promote well-being. Mindfulness practices are powerful tools for improving mental health. By focusing on the present moment and observing our thoughts and emotions without judgment, we can reduce stress, anxiety, and negativity. This month, we encourage you to integrate mindfulness into your daily routine and prioritize your mental well-being.

### The Power of Gratitude in Times of Stress

Feeling overwhelmed by life's challenges? Practicing gratitude can be a game-changer. Gratitude shifts our focus from what's lacking to what we appreciate. Taking a few minutes each day to reflect on things you're grateful for, big or small, can significantly reduce stress and boost happiness.



### Here's a simple gratitude practice you can try:

- Find a quiet place and take a few deep breaths.
- Think about three things you're grateful for in your life, no matter how small.
- Savor the feeling of appreciation for each item.
- Repeat this practice daily or whenever you feel stressed.

### 5-Minute Mindfulness Exercises You Can Do Anywhere

Finding time for mindfulness can be challenging, but even a few minutes can make a difference. Here are three quick exercises you can do anywhere:



1. **Mindful Breathing:** Sit comfortably and focus on your breath. Feel your chest and abdomen rise and fall with each inhale and exhale. Count your breaths silently if it helps you stay present.
2. **Body Scan:** Close your eyes and bring your awareness to different parts of your body, starting with your toes and gradually moving upwards. Notice any sensations without judgment.
3. **Mindful Observation:** Take a few moments to observe your surroundings. Notice the sights, sounds, smells, and textures around you with curiosity and wonder.

### Mental Health Resources: Lifting the Stigma

Talking about mental health is essential for breaking the stigma and seeking support. Here are some resources if you or someone you know needs help:



- National Alliance on Mental Illness (NAMI): <https://www.nami.org/Home>
- MentalHealth.gov: <https://www.samhsa.gov/>
- Crisis Text Line: Text HOME to 741741

### Mindfulness Apps





## QUOTES THAT MAKE YOU GO...HMMMMM

May you find peace and serenity throughout the month!

Stay tuned for our next issue filled with more mindfulness tips and well-being resources!

Be Well,  
XOXOXO

**Dr. Luvon Hudson**

Founder & Certified Mindfulness Life Coach



1

<https://www.idtherapi.com/idtherapi-me>

2

**Book a free consultation**

3

**Contact Us Anytime!**

The present moment is all we ever have.

- Thich Nhat Hanh

You cannot control the waves, but you can learn to surf.

- Jon Kabat-Zinn

The quieter you become, the more you can hear.

- Rumi

### Call to Action:

- Share this newsletter with friends and family who might benefit from mindfulness practices.
- Join one of our [mindfulness sessions](#) - individual or cohort.
- Continue exploring resources from mental health organizations.
- Remember, prioritizing your mental well-being is an act of self-compassion and strength.

### Tune In!

Tune in to the [idTHERApi Podcast](#) to hear topics that candidly address the stressors, institutional upheavals, and challenges that may present obstacles when juggling it all. Discussion topics assist in personal self-discovery, encourage growth, and provide a space for reflection to help you explore and develop a greater understanding of yourself and the world around you!

### Seeking A Coaching Session?

Join one of idTHERApi's fun and empowering coaching sessions! These sessions ditch the stuffy lectures and embrace creativity, laughter, and interactive exercises. Imagine brainstorming goals through playful role-playing with a healthy dose of humor and personalized strategies, making self-discovery an adventure, not a chore.

[Book a session today!](#)