



WASHINGTON HEALTH SYSTEM
Center for Mental Health and Wellbeing

MONTHLY NEWSLETTER



MENTAL HEALTH ON VALENTINE'S DAY

According to the University of New Hampshire, you don't need a special someone to celebrate Valentine's Day. Your friends, siblings, parents and grandparents all have an influential role in your life. Valentine's Day is the perfect opportunity to show appreciation for the people who are important to you the other 364 days a year. [Social interactions](#) can have a significant influence on an individual's mental health and psychological well-being. The close social relationships we develop not only boost our happiness and reduce stress, but drastically increase feelings of [self-worth](#). Make the effort to spend time with them – take them out for a coffee, make them a gift or even a quick phone call to let them know you are thinking of them. These small gestures cost very little, but can be incredibly rewarding and meaningful. So reach out to someone this Valentine's Day by simply sharing your day with them. You will make them feel special, and you may be surprised at how good you feel as well! For more information visit www.unh.edu.

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Valentine's Day can also be the perfect opportunity to unwind and pamper yourself after a long week. Sleep in late, make your favorite dessert or whatever it is that makes you a little less stressed. Use this time to give your body a rest. Constantly being "on" doesn't give your brain a chance to rest and replenish itself. Being by yourself with no distractions gives you the chance to clear your mind, focus, and think more clearly. Be selfish for once, and enjoy time away from every day college stress. It is just as important to love yourself and appreciate your needs as much as it to recognize the other important people in your life!

What Does Cupid Do to Your Mental Wellness?

So it's Valentine's Day, and though its intention may be to establish time to celebrate love, maybe you're not feeling the love for this holiday. Billboards, magazines, and commercials depicting beautiful happy people sharing and extravagant dinner and exchanging gifts can create stress and anxiety. People who are in relationships question what to get each other: *Will it be good enough? Am I spending enough money?* And, those who don't have a partner can sometimes feel sad or alone at a time when love is the theme of the day –thus, the common vernacular of “Singles Awareness Day.”

If Valentine's Day is leaving you feeling anything less than excited, mymentalhealthday.org would like to gift you with a list of strategies that may help lift your spirit:

Valentine's Day is an opportunity to celebrate all your relationships

You don't need a special someone to celebrate Valentine's Day. Your parents, grandparents, siblings, teachers, mentors, friends and colleagues all play a special role in your life. Today is a perfect opportunity to show them how much they really mean to you.

Your love is not equal to gifts and money

It's important to remember that your love for someone is not measured by the gift or the amount of money that you spend. A simple “I love you” or a handmade card can mean just as much (if not more) than anything you can buy in a store. And remember if you receive a gift, it truly is the thought that matters.

Show yourself how much you love YOU

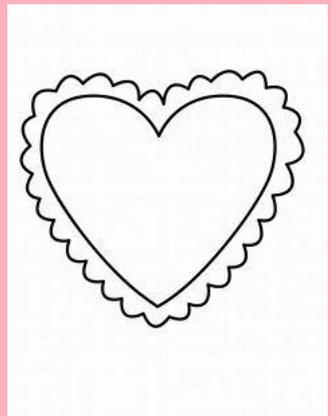
This is the essence of My Mental Health Day and Valentine's Day is a perfect time to pamper yourself. Go to the spa, soak in the tub, sleep in a little later—whatever it is that makes you feel a little less stressed and a bit more relaxed. This day is an opportunity to love yourself and appreciate your needs as much as it is a day to recognize the other important people in your life.

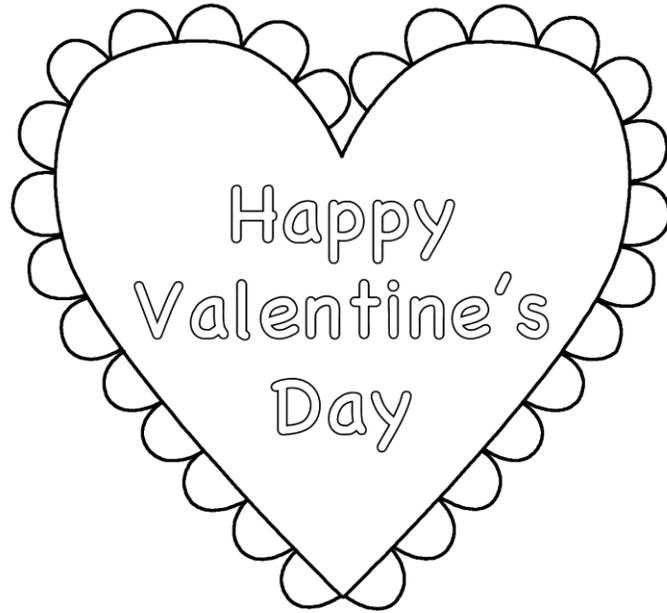
Add some color back into your life!

You are never too old to color. Did you know that coloring is an excellent coping skill? Take a few minutes today to add some color back into your life. This is an excellent opportunity to interact with your children.

There are a variety of free printable Valentine's Day coloring sheets available on the internet. All you have to do is google Valentine's Day and select images.

Here are a few to get you started:





Dear Valued Referral Sources,

Happy Valentine's Day! Thank you for everything you have done to support our program. We appreciate you and your referrals.

Sincerely,

Jennifer Campbell, MSW, LSW

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Greene County Crisis Line: (888) 480-7283
Washington County Crisis Line: (877) 225-3567
National Suicide Prevention Lifeline: (800) 273-8255
Greenbriar Treatment Facility: (800) 637-4673