

Excerpts from Godsend Psychological Services eNewsletter
May 2015

A Helping Hand to Mothers

Helping mothers foster a healthy personal and family life involves responsibility and accountability on the part of all family members and community members. If you are committed to help, then check out these lifestyle steps and share them with everyone:

1. Eat Well—shop for and prepare nutritious meals for good health.
2. Sleep Well—good sleep is associated with good mood and overall health
3. Move Well—exercise alone AND as a family is good for mood and health. Find time for relaxation too!
4. Socialize Well—God created us as social beings. Having a social support system; a group to share your joys and struggles helps to foster healthy living.
5. Worship Well –Connection to God gives a sense of meaning and purpose in your life which studies show is good for mood and health.

Note: Information provided in this eNewsletter is designed to support, not replace the recommendation of your medical doctor or mental health provider.

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