



The Rizzi Difference  
RIZZI PSYCHIATRIC ASSOCIATES

# THE RIZZI DIFFERENCE

## NEWSLETTER *∩* AUGUST 2022

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### **MENTAL HEALTH vs. MENTAL ILLNESS**

*“Don’t believe everything you think!” -anonymous*

Mental health refers to mental and emotional well being, emotions, thoughts and feelings, our ability to overcome challenges and solve problems and our social connections. Mental illness refers to a wide range of disorders that affect mood, thinking, behavior and ability to function.

In the course of a lifetime, not all people will experience a mental illness but they are very likely to experience a challenge to their mental health much the same way that we have physical health challenges.

Just like physical health, it is important to take action to stay happy and mentally healthy and the good news is that many of the things we do to stay physically strong and healthy are great for our mental health, including:

- ◆ Getting enough sleep: Sleep is restorative!
- ◆ Making time for yourself : Losing yourself in an activity allows you to focus on things you are good at and keeps you feeling refreshed.
- ◆ Stay active: Exercise gives you a positive mental boost that lasts all day.
- ◆ Manage stress: Stress is inevitable but finding a way to wind down is critical to good health.
- ◆ Eat right: A healthy diet gives us more energy, improved concentration and can even promote a better night’s sleep.
- ◆ Socialize: Spending time with family and friends promotes a sense of belonging and prevents feelings of loneliness and isolation.



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In the same way that we take care of our physical health by seeing a doctor and practicing good prevention (taking a vitamin, getting a flu shot, etc), taking care of our mental health is equally important.

The team at Rizzi Psychiatric Associates is always available to help if you feel you can use a mental health “check-up”. Do not hesitate to reach out to any member of our team!



**We are honored to care for you!**



[www.TheRizziDifference.com](http://www.TheRizziDifference.com)

### The Rizzi Psychiatric Team

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