



Grilled Zucchini
Salad with
Bruschetta and
Herbs

May 2025

Mental Health
Awareness Month



Check out this recipe from Jenny!

Be kind to YOURSELF!

May Mindful Moment: Come Back to Yourself

In the rush of our everyday lives, it's easy to lose touch with how we're really feeling. This simple check-in is your invitation to pause, breathe, and gently return to yourself. Take a moment. Find a quiet space. Inhale deeply through your nose... and exhale slowly through your mouth.

Step 1: What's happening within me right now?

Ask yourself:

- ❖ How am I feeling emotionally? (Happy, anxious, numb, peaceful, overwhelmed?)
- ❖ How does my body feel? (Tired, energized, tense, calm?)
- ❖ What thoughts are running through my mind right now?



Try not to label anything as "good" or "bad." Just observe. You're not here to fix—just to notice.

Step 2: What do I need right now? Tune into yourself with curiosity and compassion.

Ask:

- ❖ Do I need to rest? Move? Connect? Be alone?
- ❖ Do I need to speak kindly to myself? To say no to something? To say yes?

Often, your body and heart already know the answer—you just have to ask.

Step 3: How can I offer myself kindness today?

Just one gentle act. Choose something simple:

- ❖ A cup of tea with no distractions
- ❖ A short walk outdoors, even if it's just around the block
- ❖ Saying "no" without apology
- ❖ Putting your phone away for a moment of quiet
- ❖ Speaking to yourself the way you would a dear friend



Kindness toward yourself isn't selfish. It's the foundation for showing up fully in your life.

You deserve space. You deserve care. You deserve a moment to simply be.

Powerful Food for the Brain

- Fruits:
 - ✓ Blueberries
 - ✓ Bananas
- Leafy Greens:
 - ✓ Spinach
 - ✓ Kale
 - ✓ Swiss Chard
- Fatty Fish:
 - ✓ Salmon
 - ✓ Mackerel
 - ✓ Sardines
- Nuts & Seeds:
 - ✓ Walnuts
 - ✓ Pumpkin Seeds
 - ✓ Chia
 - ✓ Flax

FREE Community Event




Menopause
It's a Movement!

BATTLE CREEK - MAY 12

Learn more about this natural phase of life in a safe and supportive environment!

WK Kellogg Co & Kellanova Headquarters
1 Kellogg Sq, Battle Creek, MI 49017

Event is from **5:15-7:30 PM**
Doors open at **5:15 PM**, Conversation begins at **5:45 PM**

Is there a topic that you're interested in that has not been talked about? Please email info@swmihealthmatters.com with your ideas or questions! We love hearing from you!!