

Healing Together

“Knowing Yourself Is the First Step to Healing”



Welcome Message

Happy Mental Health Awareness Month!

This May, we're turning inward—with a focus on self-awareness. When we learn to recognize what we feel, why we react, and how we cope, we unlock one of the most important tools in healing. Whether you're just beginning your journey or deepening your growth, this issue will guide you through reflection, clarity, and empowerment.

Let's grow from the inside out.

— The Healing Together Team

Try This: Self-Awareness Journal Prompts

Spend 5–10 minutes a day reflecting with one of these questions:

- What emotion have I been feeling most lately? Why?
- When do I feel most grounded or safe?
- What patterns keep showing up in my relationships?
- What triggers me, and how do I usually respond?
- What is one small habit I could change to feel more in control?

What Is Self-Awareness & Why Does It Matter?

Self-awareness is the ability to tune in to your emotions, thoughts, and behaviors. It helps you understand your patterns, triggers, and values—and gives you the power to respond rather than react.

Self-awareness allows you to:

- Recognize stress or anxiety before it spirals out of control.
- Set boundaries that preserve your peace.
- Understand how your mood affects others
- Make choices that align with your growth

Think of self-awareness as your emotional mirror—it reflects what's going on so you can choose how to move forward.

Skill of the Month: Emotional Check-Ins

A daily check-in builds awareness and emotional regulation. Try asking yourself:

- Where in the body am I feeling it?
- Where do I feel it in my body?
- What do I need right now?

Pair it with a visual mood scale or even emoji cards if working with youth!



Awareness Tip: Self-Awareness Is NOT Self-Judgment

You're not doing this to criticize yourself—you're doing it to understand yourself. Grace, curiosity, and compassion are key.

Support & Resources

Mental Health Hotlines & Help

- 988 Suicide & Crisis Lifeline: Call or text 988 anytime
- SAMHSA Helpline: 1-800-662-HELP (4357) – Free, confidential mental health support
- Crisis Text Line: Text HOME to 741741

Local Counseling & Support Groups

- [Insert your organization or center info here]
- [Local therapist directory or crisis center]
- Monthly groups like Talk It Out Tuesday or Awareness Wednesday are open to all.

Remember:

Self-awareness is powerful, but healing happens in connection. Reach out, speak up, and give yourself grace.

Real Voices: A Journey Inward

"I never realized how often I ignored my own needs until I started journaling. Writing helped me notice when I was overwhelmed, not just tired. Now I can check in with myself and speak up before I reach a breaking point."

— Bria, 34

Affirmation of the Month

"I am learning myself deeply. I honor my feelings and choose growth with love."

Community Connection

- **May 1st** - Resource Fair - Orange County Convention Center
- **May 7th** - Crisis with Crayons
- MET Head Start Family Meetings - Oslynn Lewis
- **May 14th** - Kountze EHS Center - 1:30pm
- **May 15th** - Silsbee Center - 1:30pm (Parent meeting)
- **May 16th** - Southeast Texas Stand Down - 9am 1pm - Orange County Convention and Expo Center.
- **May 21st** - Crisis with Crayons
- Anniversary Field Day - MAY 2025 - Date TBD

