



FIRST UNITED METHODIST CHURCH  
TUSCALOOSA

# Mental Health Awareness Month May 2025 Resources

**Article – “The Importance of Self-Care for Maintaining Mental Health”**

<https://today.marquette.edu/2024/08/the-importance-of-self-care-for-maintaining-mental-health/>

**Link for mental health online quiz from *Psychology Today*:**

<https://www.psychologytoday.com/us/tests/health/mental-health-assessment>

**Link for UCLA Social Loneliness Scale:**

<https://sparqtools.org/mobility-measure/ucla-loneliness-scale-version-3/#all-survey-questions>

**I’m so stressed out!” Fact Sheet from National Institute of Mental Health:**

<https://www.nimh.nih.gov/sites/default/files/documents/health/publications/so-stressed-out-fact-sheet/Im-So-Stressed-Out.pdf>

### FUMCT Wellness – Progressive Muscle Relaxation



Progressive muscle relaxation helps you release tension in your body, one muscle group at a time (from feet to head or from head to feet). Start by lying in a comfortable position (bending your knees and using supports if you like). Take a few deep breaths, then focusing your full attention on your feet, tighten the toes and ankles, feel the tension as you hold it, and then release all of it as you exhale. Move your focus up the body, noticing the calming of your mind as your muscles tighten and relax. Add gratitude by thinking about what each body part allows you to do to care for yourself and others – at work, at play, and as the hands and feet of Christ.

### Try these Apps:

- For meditation – “Headspace” or “Calm”.
- For Bible morning and evening devotions with mindfulness cues – “Lectio 365”

### Did you know?

- Did you know that the symbol of mental health is the butterfly? Butterflies signify transformation and resilience.
- Did you know that the color associated with mental health is green? Green represents growth and hope