



Community Health Coalition

Improving the health of Durham
& NC communities since 1989

April 2021



Dr. Elaine Hart-Brothers
Co-Founder and
Executive Director, (retired)
Community Health Coalition

The Power of Prevention!

April is National Minority Health Month and the theme this year is "Active and Healthy"! "You **must** be the biggest advocate for your physical and mental health." Dr. Ruth Gilliam Phillips, Executive Director, Community Health Coalition.



The ABC's in staying healthy

1. **A**dvocate. Remember, no one knows you better than you!
2. **B**e safe and continue to follow Covid-19 safety guidelines.
3. **C**heck it out & call someone when you feel mentally or physically not yourself.

01 Be an advocate for yourself.

Treat yourself with kindness, respect & avoid self-criticism. Take time for your hobbies and favorite projects or broaden your horizons by learning something new.

02 Take care of your body.

Taking care of yourself physically can improve your mental health. Be sure to eat nutritious meals, avoid drugs and alcohol, drink plenty of water, and get enough sleep and exercise! Taking care of your body is very important especially for women during pregnancy.

03 Surround yourself with good people.

Make plans with supportive friends and family members or seek out activities where you can meet new people, even virtually.

- 04 Learn how to deal with stress.**
Like it or not, stress is part of life. Practice good coping skills.
- 05 Give of yourself.**
Volunteer your time and energy to help someone. You will feel good doing something tangible and it is a great way to meet new people.
- 06 Quiet your mind.**
Try meditation or relaxation techniques to improve your outlook.
- 07 Set realistic goals.**
Decide what you want to achieve and write down the steps you need to take to realize your goals. You will enjoy a tremendous sense of accomplishment and self-worth as you make progress.
- 08 Avoid drugs and alcohol!**
Instead of self-medicating the symptoms of your mental illness, seek proper treatment and medication.
- 09 If you need help, get it!**
Seeking help is a sign of strength – not a weakness. People who get appropriate care can recover from physical and/or mental illness and lead full, productive lives.
- 10 Getting your Covid-19 vaccine is a key to prevention!**

Community Health Coalition, Inc is part of Healthy People 2030 which has specific objectives in the following critical topics: chronic health, mental health, oral (dental health), and Women's Health.

For more information about health prevention tips, please visit [CommunityHealthCoalition.com](https://www.CommunityHealthCoalition.com) call (919)470-8680 and/or email Contact@CommunityHealthCoalition

Additional resources

[health.gov/healthypeople](https://www.health.gov/healthypeople)
[top ten guidelines to know about physical activity](#)
[frequently asked questions about Covid-19 vaccinations](#)
[mental health care help 24-7](#)

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