



Resetting in the New Year: Prioritizing Mental Health

January health tip brought by



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As we begin a new year, I'm reminded of the reflection, focus, and much-needed time I spent with my family and a few rest days. This immediately made me ponder what mattered to me the most and that I'd like to give my attention to in 2025. The excitement and energy that a new year brings worldwide becomes contagious. With so many things we're surrounded by daily that can bring us joy, sadness, grief, peace, and love, this month seems to settle most of us into the same way of thinking: the time to RESET!

“Change is inevitable. Growth is optional.”

- John C. Maxwell

I want to challenge us to safeguard our mental health this year. It's not a luxury but a necessity. Finding those things that settle our minds, thoughts, and spirit brings us to a space of focus. Self-care looks like many different things for many people: a walk in the park, a jog, a change of scenery, word puzzles, the gym, a quiet drive, reading, a favorite dessert, family time, a pedicure, or alone time. Whatever your definition of caring for yourself is, find and make the time for yourself. You are important, and your well-being matters.

Although the journey to being healthy is longer for some than others, we must embrace and start now. Each of us has our unique journey toward health and wholeness, and the time to begin is now.

CHC's Commitment

At Community Health Coalition, we are committed to the **Social Determinants of Health**, **WHOLE HEALTH**— understanding that social determinants of health are the economic and social conditions that impact health status. Extensive research concludes that addressing social determinants of health is essential for improving health outcomes and reducing health disparities.

Social determinants of health are the conditions in which people are born, grow, live, work, and age. They include socioeconomic status, education, neighborhood and physical environment, employment, social support networks, and access to health care.



You, the communities we serve, our neighbors, families, and friends may each be affected by a different factor, which sometimes requires a lot of mental space. Allow this month to be the start of taking care of yourself as we all deal with the inevitable change that happens every day around us. That's one of the first steps to becoming healthy and whole.

One of the things I'm most excited about is CHC's upcoming Mental Health Focus, which we'll be launching in the first quarter. This initiative will provide our communities with services, tools, and resources to strengthen our mental capacities toward mind over matter. It's a step towards a healthier, more resilient community, and I can't wait to see the positive impact it will have.

Together, we are creating a Healthy, Whole Durham and North Carolina. But it first starts with you! Each of us plays a crucial role in this collective effort. By taking care of ourselves, we contribute to the well-being of our community. Let's empower each other to make healthier choices and create a supportive environment for everyone.

HAPPY NEW YEAR!

Contact CHC at:  919-470-8680

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