

# POSITIVITY AND MENTAL HEALTH

**June 2020**

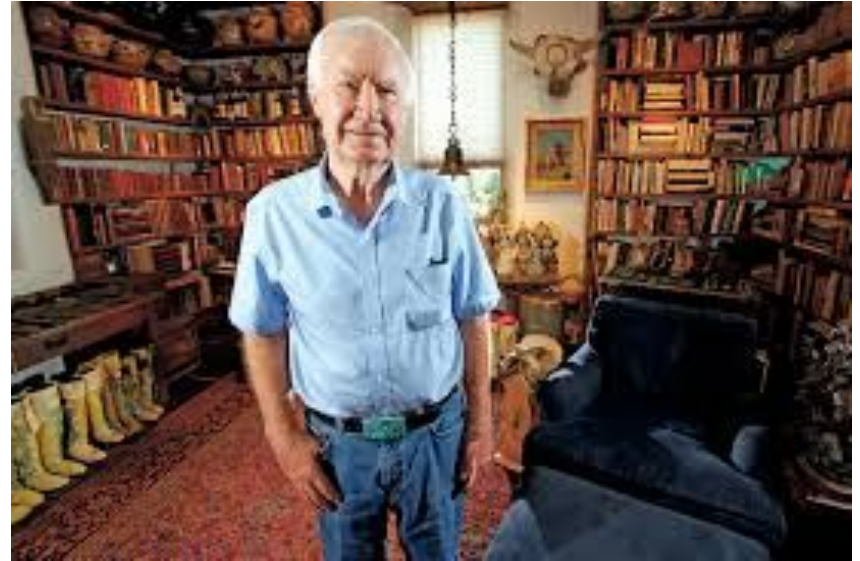
# INTRODUCTION

Hi, my name is Avi! This is the first in a series of three blog posts talking about positive news stories and sharing mental health tips. Each month (June, July, and August), I will be sharing 5 positive ways the world is changing and five resources and general ways to improve mental health. With everything that has been going on, mental health is more important than ever, and it should be regarded with the same importance as physical health.

POSITIVE NEWS

# FORREST FENN TREASURE FOUND!

- On June 6, author Forrest Fenn confirmed that his treasure worth over a million USD was found under the stars in the Rocky Mountains.
- Fenn does not know who found the treasure, but promises more information will be posted on his website.



<https://www.usatoday.com/story/news/nation/2020/06/08/forrest-fenn-treasure-found-1-m-treasure-found-rocky-mountains/5317286002/>

# CORONA VACCINE



<https://www.nytimes.com/interactive/2020/science/coronavirus-vaccine-tracker.html>

- Multiple vaccines are in the works to combat Covid-19
- Multiple vaccines are either or entering testing
- While vaccines usually take years to make, but scientists are racing to provide a vaccine by next year.

# BLACK BROADWAY

- Good Black News author Teddy Tenenbaum created a spotify playlist celebrating how African Americans contributed to the history of Broadway.
- The playlist is 49 songs, all from 1921–2019



<https://goodblacknews.org/2020/06/12/aamam-the-great-black-way-celebrating-african-americans-on-broadway-listen/>

# BLACK JOY



<https://www.nbcnews.com/pop-culture/pop-culture-news/meet-woman%20-who-filmed-her-mom-s-reaction-law-school-n1229361>

- Melinda Oliver filmed her mother's reaction to the former being accepted into law school, as well as earning a \$40,000 scholarship
- The video went viral and is a beautiful showcase of black joy

# LGBT SUPREME COURT

- The Supreme Court blocked Trump's ruling that would allow workplace discrimination against LGBT+ people
- Aimee Stevens, a funeral director who was fired for being transgender, is being honored through the bill



<https://www.cnn.com/2020/06/15/politics/supreme-court-lgbtq-employment-case/index.html>



MENTAL HEALTH

# CALM HARM



- Identifies and manages emotional health
- Monitors self harm urges and emotional trends
- Provides information about self harm
- Helps users “surf through wave” through four different methods

# GRATITUDE JOURNAL

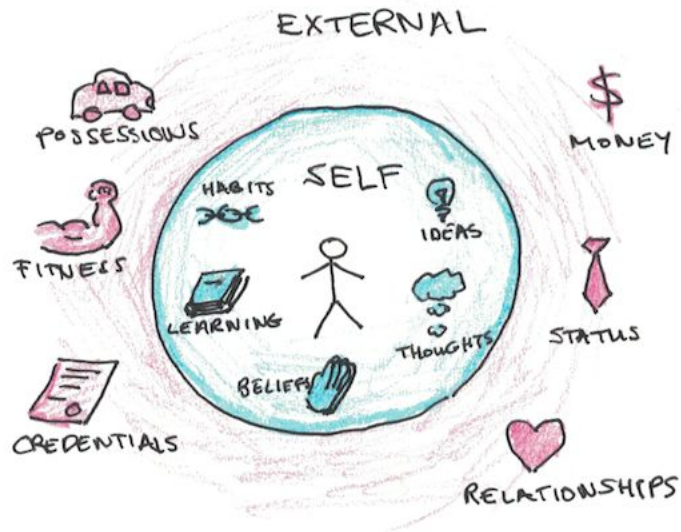
- No wrong way to write journal
- Any and all topics are valid, including food and family
- Be personal and specific
- Work it into routine

## *PRACTICE*

Write three things you are grateful for and share them!

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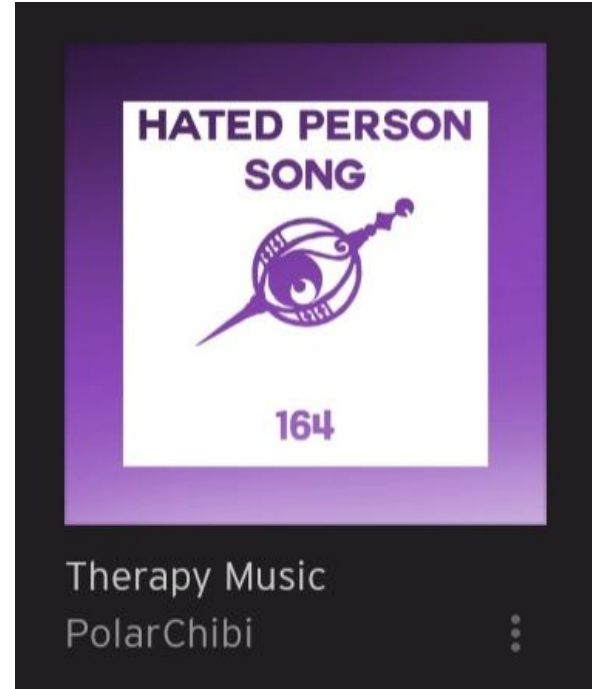
# SELF-IMPROVEMENT



- Self Improvement focuses on skills that wouldn't be improved by a different life
- Ex. Knowledge is a self-skill while your economic class is external
- <https://www.scotthyoung.com/blog/2018/12/25/what-is-self-improvement/>

# MUSIC PLAYLIST

- Music can affect your mood through relation or distraction
- Dance and release emotions through upbeat, happier songs
- Relate and analyze emotions through sadder, more emotional songs



# THERAPY/CRISIS HOTLINES



- Therapy allows you to analyze your life situations and emotions with a licensed professional. Cost money
- Free services such as hotlines allow you to contact a professional in difficult times, meant for infrequent use

# CONCLUSION

Everyone is affected by mental health differently, and other people cope in different ways. I tried to put forth both relevant news stories and ones that aren't, to provide both comfort and distraction to those who need it. It's important to listen to those around you, and help them in whatever way they need. I hope I was able to bring some smiles to people, or give people a way to understand what is happening. I bid thee adieu!