



MAY IS MENTAL  
HEALTH  
AWARENESS  
MONTH



## Happy Mental Health Awareness Month!

Alright, we at Mentis might be a little biased, but this is our favorite month of the year! Mental Health Awareness Month is a great time for each of us to reconnect with and reprioritize our mental wellbeing. If you're an action driven person, try taking some steps to ensure each member of your community has access to lifesaving mental health services: [donate](#) to a community mental health organization like Mentis, connect a friend with [crisis resources](#) to have in handy, or take a suicide prevention training like [QPR](#).

For Mental Health Awareness Month this year, Mentis encourages folks to #ListenUp. Listening to ourselves, listening to others, and listening to the sounds of nature and the world around us provides a ton of benefits, including helping us be present and deepening our social connections.

Read through this month's edition of the newsletter for some **great information on deep listening**, a **wellness tip**, and some **exciting news about Mentis!**

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## What is Deep Listening?

Deep Listening is a transformative communication tool that allows us to lead and recover after disruption or trauma. After disrupting bias, racism, and/or prejudice, you allow for the speaker to be heard and use deep listening tools to lead and reconcile. Not only does this approach cut through defensiveness and objections, it also helps build understanding and a way forward.

## Tools for Deep Listening

*Eye Contact:* Well-maintained and steady to demonstrate focused attention on the speaker

*Non-verbal Feedback:* Can include nodding, uncrossed arms, an open posture facing the speaker, and other body language to indicate listening

*Summarizing & Paraphrasing:* Gives a broad overview of what was said or puts their content into your own words. Often used to convey, "I've got the main idea, go on"; "Let me see if I have this right"; and "I'm listening closely."

*Feeling & Source:* Identifies the feeling (stated or implied) and its perceived stimulus. Keeps the speaker with their feelings and conveys that you can handle hearing about them. Ex: "It sounds like you're really worried about this issue."

*Clarifying Questions:* Helps move the speaker to clarify what they are feeling or thinking. May also help you fill in gaps but does not merely arise from your own curiosity. Ex: “What do you mean?”; “What seems different?”

*Joining:* Conveys shared connections with the speaker’s feelings, without losing focus on them. Ex: “It’s hard when you feel uncomfortable sharing your thoughts.” Avoid statements like, “I have concerns around this as well.”

**Thank you to our friends at [Leverage to Lead](#) for sharing this information with us!**

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## Check out the #ListenUpChallenge!



Join the Mentis #ListenUpChallenge! We live in a busy world and many of us rarely get the chance to stop and listen...so we're challenging folks to do just that! It's easy to participate-go to the link in our Instagram bio, pick a noise, film yourself listening to it, and let us know what you thought! Be sure to use #ListenUpChallenge or tag Mentis so that we see the post. You can check out examples of the #ListenUpChallenge on the Mentis pages, and if you listen closely you just might hear a special guest star!





Our tip this month is to listen to music that makes you feel good! [Studies](#) have shown that listening to music can have as positive an effect on mental health as exercise. But the inverse is true too-listening to music that is sad or emotional can negatively impact your mental health, so if you're not prepared for that, you may choose to listen to something more upbeat. What songs do you like that put you in a good mood?

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## Senator Bill Dodd Names Mentis

### Nonprofit of the Year!

Mentis has been chosen as Napa County's Nonprofit of the Year by Senator Bill Dodd! A ceremony will be held on the Capitol lawn in Sacramento on June 8th, and we are honored to share this achievement with donors and supporters like you. "We have endured significant mental health challenges over the years and through them all, Mentis has been there," said Sen. Dodd.

Learn more by reading Sen. Dodd's [press release](#).





We at Mentis feel so lucky to work with an incredible team like the Teen Council! If you're a reader of the Napa Valley Register, you may have learned more about the council thanks to a recently published article. Our teens are an incredibly diverse group of passionate mental health advocates whose guidance and leadership has taught us so much.

Learn more at the [Napa Valley Register](#).

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**Every day, our staff and clinicians educate, support and inspire people to take charge of their mental well-being. With programs ranging from prevention to treatment, we're here to make sure our community's mental wellness flourishes.**

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