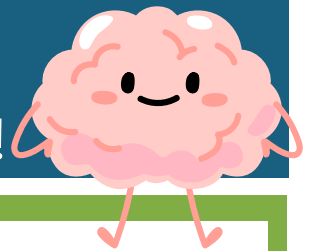




## Mental Health Awareness Week



Let's celebrate  
Mental Health  
Awareness Week  
with a Check Up  
from the Neck Up!



Many of us are diligent about scheduling our yearly exams, bloodwork, and tests for our bodies, but frequently we completely forget about a check-up from the neck up. If our mental health is lacking, our bodies will reflect that.

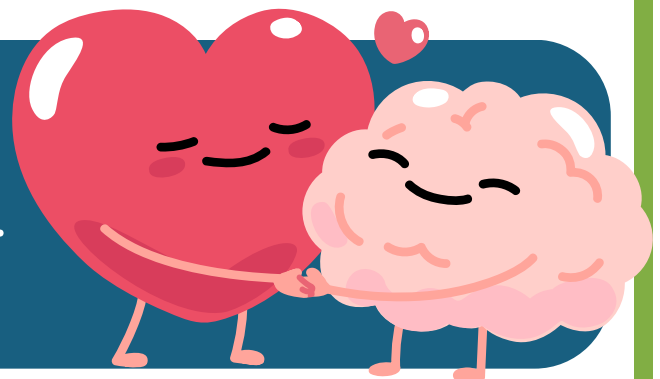
### Look at your feelings and behaviors

No one's baseline normal is the same, so experts say it's important to look for changes in your mood. Questions you can ask yourself:

- How have my behaviors changed?
- How have my feelings changed?
- Do I still find joy in the things that once brought me joy?
- Do I find that I'm catastrophizing more than I usually do?
- Am I being irritable or snapping at people?
- Am I feeling more down more than usual?
- Am I avoiding people?

There is no health  
without mental health.

David Satcher

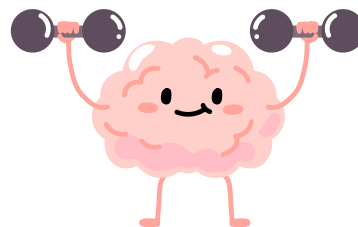


# Mental Health Awareness Week

## Look at your body

Our bodies try to communicate when our brains are not well. Mental health and physical health are inextricably linked. You should ask yourself:

- How am I sleeping?
- Am I eating well?
- Am I grinding my teeth?
- Do I feel muscle tension in my neck or shoulders?
- Am I being active the way I usually am?



## Don't wait until things are bad

In a perfect world, people would do these self-evaluations and check-ups from the neck up even when they aren't struggling. Our Mental Health Providers believe it's much easier to prevent a crisis than it is to climb out of one.

The Rizzi Group providers have a single-minded focus on the wellbeing of their patients. Our providers utilize a collaborative care model to focus on shared decision making. We promote open discussion with our patients, care staff, families, and caregivers to create individualized treatment plans. Please let your community staff know if you would like an appointment or reach out to our providers at The Rizzi Group directly. We are here to help!

What mental health needs is  
more sunlight, more candor,  
more unashamed conversation.

Glenn Close



We are here for you.



**THE RIZZI GROUP**  
EXPERIENCE THE RIZZI DIFFERENCE

**We are honored to care for you!**

[www.TheRizziDifference.com](http://www.TheRizziDifference.com)