# Health Nugget

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Why is the month of May near

and dear to the heart of all

psychiatrists?

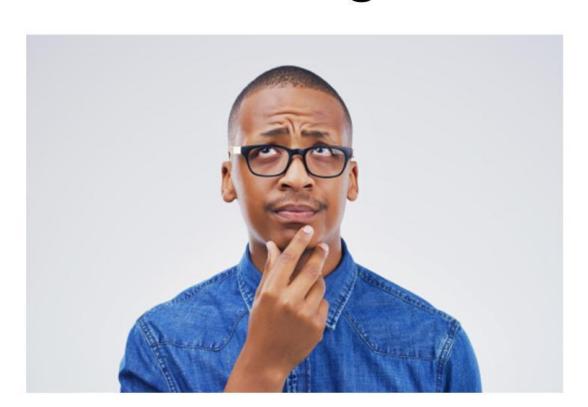
# Mental Health **Awareness** Month



What is the most important

aspect of our mental health?

### Our Thoughts!



# healthy thoughts?

How do we develop





sights on the realities of heaven, where Christ sits in the place of honor at God's right hand.

Since you have been raised to new life with Christ, set your

Colossians 3:1,2

Think about the things of heaven, not the things of earth.

