

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!



How do we develop
healthy thoughts?





Since you have been raised to new life with Christ, set your sights on the realities of heaven, where Christ sits in the place of honor at God's right hand.

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

Colossians 3:1,2

