

Beach Cities Health District Offers Resources & Virtual Events for Mental Health Awareness Month

Be Kind to Yourself and Others During COVID-19

FOR IMMEDIATE RELEASE

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REDONDO BEACH, Calif. (May 5, 2021) – After a year of loss and isolation from living during the COVID-19 pandemic, taking care of our mental health is more important than ever before. To mark May as Mental Health Awareness month, Beach Cities Health District (BCHD) is urging residents to invest in their mental health by being kind to themselves and others and encouraging them to participate in BCHD’s Mental Health Awareness Month activities.

Many Beach Cities residents are emerging from the pandemic with feelings of loss, isolation, depression and anger. According to the 2020 Gallup National Health & Well-Being Index (WBI), large majorities of Beach Cities residents have experienced increased stress due to the pandemic, economic shutdown and protests and civil unrest related to racial injustice. Nearly half (49.4%) of Beach Cities adults reported “experiencing stress yesterday,” according to the WBI (2020).

Not only are the adults in our community struggling emotionally, but so are our youth. According to the Panorama Ed Survey (2020), a survey designed to help schools support student and adult social-emotional learning, 25% of Beach Cities students grades 6 through 12 answered “almost always” or “frequently” to the question: “During the past week, how often did you feel lonely?”

Collectively as a community, our mental health has suffered during the COVID-19 pandemic. But know that you are not alone. During Mental Health Awareness Month, BCHD is providing mental health programs, tips and resources to help residents prioritize and support their mental health as we continue to live through and recover from the COVID-19 pandemic together.

BCHD is also offering residents three ways to get involved in Mental Health Awareness Month:

- **Complete BCHD’s virtual Mental Health & Happiness Series**, a workshop designed for participants to go through at their own pace to build a practice supporting stress resilience and positive social connections. Topics include purpose, empathy, bravery and gratitude.
- **Do an act of kindness each day with BCHD’s daily [Kindness Activity Calendar](#).** Being kind to ourselves, body and mind, means we are self-compassionate. Being kind to others means treating others with respect and empathy, especially during the COVID-19 pandemic.
- **Attend a virtual event** to support your mental health (full list below).

“Now is truly the time for us to be kind to ourselves and to each other,” said Kerianne Lawson, Chief Programs Officer at Beach Cities Health District. “We want residents to know that no one should feel alone during these uncertain times. Mental Health Awareness Month reminds us that mental health is a critical part of overall well-being and BCHD is here to offer help and resources if you or someone you know needs it. Please don’t hesitate to reach out to us.”

For more information on BCHD’s Mental Health Awareness Month Activities, including its virtual Mental Health & Happiness Series, Kindness Calendar and virtual workshops, please visit www.bchd.org/mentalhealthawareness.

Beach Cities residents needing assistance with health-related information or referrals can also call BCHD’s Assistance, Information & Referral line at 310-374-3426, ext. 256, or visit www.bchd.org/resources.

BCHD’s Virtual Events for Mental Health Awareness Month include:

- Virtual Families Connected Parent Chat: Every Monday EXCEPT May 31, 10 – 11 a.m.
- Virtual Happiness Chat: Tuesdays, 12:30 – 1:30 p.m.
- Virtual Mindfulness Drop-In: Wednesday, May 5, 4 – 4:30 p.m.
- Virtual Social Hour with Beach Cities Health District Care Manager, Charlotte Barnett: Tuesdays, May 4 & 18, 11 a.m. – 12 p.m.
- Virtual Blue Zones Project Cooking Show: Friday, May 14, 1 – 2 p.m.
- Virtual Safe in the South Bay Series: COVID-19’s Mental Health Impact on Youth, Adults and Older Adults: Wednesday, May 19, 12 – 1:15 p.m.
- Virtual Mindfulness Classes for Older Adults
 - Meditation classes in partnership with the city of Redondo Beach:
 - Monday, May 10, 11 a.m. – 12 p.m.
Join Here: <https://zoom.us/j/97444040124>
 - Monday, May 24, 11 a.m. – 12 p.m.
Join Here: <https://zoom.us/j/91488604324>
 - Tai Chi classes in partnership with the city of Manhattan Beach
Wednesdays in May
To register for Tai Chi and to learn about additional mindfulness classes, call the Joslyn Community Center at (310) 802-5420.
- Center for Health & Fitness National Senior Health & Fitness Week
 - Virtual Movement Disorders – Parkinson’s Disease: Tuesday, May 25, 10 - 10:55 a.m.
 - Virtual Balance 101 with CHF Medical Exercise Specialist Chris: Tuesday, May 25, 11 - 11:55 a.m.
 - Virtual Update on Multiple Sclerosis: Wednesday, May 26, 10 - 10:55 a.m.
 - Brian-Based Exercise: Recommendations & Exercise RX with CHF Medical Exercise Specialist Chris: Thursday, May 27, 10 - 10:55 a.m.
 - Virtual Guidelines for Breast Cancer Screening: Thursday, May 27, 1 - 1:55 p.m.
 - Virtual Laughter Yoga with CHF instructor Monica Victorino: Thursday, May 27, 5 - 5:55 p.m.

- Virtual Dispelling Myths About ‘The Change’ (menopause): Friday, May 28, 11 - 11:55 a.m.
- Virtual Parents’ Guide to Raising Healthy, Happy and Resilient Children: Balancing Screen Time During a Pandemic: Thursday, May 27, 7:30 – 9 p.m.

About Beach Cities Health District

Beach Cities Health District (BCHD) is a healthcare district focused on preventive health and serves the communities of Hermosa Beach, Manhattan Beach and Redondo Beach. Established in 1955 as a public agency, it offers an extensive range of dynamic health and wellness programs, with innovative services and facilities to promote health and prevent diseases across the lifespan. BCHD also operates AdventurePlex, a health and fitness facility where kids play their way to good health, and the Center for Health & Fitness, a comprehensive fitness center that is the only Medical Fitness Association-certified facility in California. Visit www.bchd.org or call (310) 374-3426 for more information

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