

“In 2018, I will exercise more.”

“In 2018, I will lose weight.”

“In 2018, I will eat more healthily.”

“In 2018, I will take a more active approach to health.”

Do any of these sounds familiar? Did you make these same promises to yourself recently? How are you doing on sticking to them?

According to a recent ComRes poll, seven of the ten most common resolutions center around health and wellness, with nearly 85% of people making such a commitment. Other resolutions include:

- Spending more time on personal well-being
- Drinking less alcohol
- Trying to quit smoking

Would it surprise you to know that many of these physical health issues have direct correlations with mental health as well? Issues like over-eating, excessive alcohol consumption, and even use of tobacco all often stem from some degree of perceived personal short-coming. It is no coincidence that half of people who chronically over-eat also have a mood disorder such as depression. And even those who do not suffer from depression currently often have such a disorder in their past. Similarly, alcoholics (regardless of gender) are frequent sufferers of depression, anxiety disorders, and antisocial personality disorder.

Addiction of any kind – whether alcohol, tobacco, or other drugs, or even addiction to pornography or screen time in general – all cause changes in the brain’s chemistry. And an imbalance in chemicals of the human brain are one of the leading causes of mental health concerns.

The Mental Health Association (MHA) of South Central Kansas has offices in and around Wichita with over 200 employees who are dedicated to a healthier community. If you made any of the resolutions listed above, or recognize in yourself that these health concerns exist in your life, you owe it not only to yourself but to your loved ones to call us at 316.685.1821.