

MENTAL HEALTH MATTERS

A Monthly Newsletter from Atlantic Behavioral Health

March 2026

March is a month of transition. Days are getting longer, light is slowly returning and many people notice a shift in mood and energy. It's also

Eating Disorder Awareness Month,

making March a meaningful time to focus on mental health with both compassion and hope.

This month, we're highlighting two important reminders: supporting healthy relationships with food and body image—and gently re-emerging from the low energy that winter can bring.

Eating Disorder Awareness Month: Supporting Health Without Assumptions

Eating disorders and disordered eating are more common than many people realize, and they don't have one "look." People of all genders, ages, body sizes and backgrounds can struggle with food, body image or eating patterns—often quietly.

In the workplace, these struggles may never be visible. Someone can be high-performing and dependable while privately managing anxiety around meals, food rules, guilt or constant body self-criticism. Others may not have an eating disorder diagnosis but still feel caught in cycles of dieting, emotional eating or shame about their bodies. Additionally, some may be struggling with a loved one who has disordered eating.

A supportive workplace doesn't require anyone to share personal information. What does help is a culture that:

- Avoids body-based comments (even well-intended ones)
- Minimizes diet talk and "good/bad food" language
- Recognizes that food, breaks and flexibility support well-being

Eating concerns are **treatable**, and support can make a real difference. If this topic resonates for you, know that help is available—and reaching out is a sign of strength, not failure.



Coming Out of Winter: Renewing Energy and Mood, One Step at a Time

As daylight increases, many people begin to feel a lift in mood or motivation. For others, the shift is slower or comes in waves. Both experiences are completely normal.

Winter can drain energy through shorter days, disrupted routines and ongoing stress. You don't need to have seasonal affective disorder (SAD) to feel its effects. The good news is that recovery doesn't have to be dramatic to be meaningful.

Here are a few gentle ways to support energy and well-being as spring approaches:

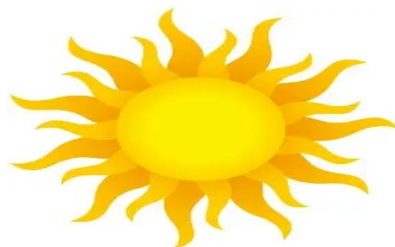
- **Soak up daylight:** A short walk or sitting near a window can help
- **Move in ways that feel good:** Think restoring, not exhausting
- **Rebuild simple routines:** Regular sleep and meals support mood
- **Reconnect:** Even small moments of connection can boost resilience

Rather than aiming to feel "back to normal," try noticing small improvements—5% more energy, a bit more focus or slightly better sleep. Progress often happens gradually.

This March, let's welcome more light—with awareness, kindness and support for ourselves and one another.

For additional information regarding the Pediatric and Adolescent Eating Disorder Programs offered by Atlantic Health, please visit the link below:

[Eating Disorder Treatment Options in NJ - Atlantic Health](#)



If you feel you or someone you know may harm themselves or someone else:

Suicide and Crisis Lifeline: 988

The Trevor Lifeline for LGBTQIA+ Youth: 1-866-488-7386

Veterans Crisis Line: Dial 988 and Press 1

National Domestic Violence Hotline: 1-800-799-SAFE

National Sexual Assault Hotline: 1-800-656-HOPE

Rape, Abuse & Incest National Network (RAINN) 24/7 Hotline: 1-800-656-4673

Dial 211: 211 provides callers with information about and referrals to social services for every day needs and in times of crisis

ADDICTION RESOURCES

SAMHSA's National Helpline is a free, confidential, 24/7, 365-day-a-year treatment referral and information service (in English and [Spanish](#))

[Also visit the online treatment locator. Call: 1-800-662-HELP \(4357\)](#)

Alcoholics Anonymous - [Northern New Jersey AA - Meeting Finder \(nnjaa.org\)](#)

Narcotics Anonymous - [NA Meetings in NJ \(narcoticsanonymousnj.org\)](#)

NJ Self Help Clearinghouse 800-367-6274 - [FIND A GROUP | NJSHGCH \(njgroups.org\)](#)

Atlantic Behavioral Health

ACCESS Center:

888-247-1400

Atlantic Behavioral Health Crisis Intervention

Services **24/7 Hotlines:**

Atlantic Health Chilton Medical Center: 973-831-5078

Atlantic Health Hackettstown Medical Center 908-454 -5141

Atlantic Health Morristown Medical Center: 973-540-0100

Atlantic Health Overlook Medical Center: 908-522-3586

Atlantic Health Newton Medical Center: 973-383-0973

Website: www.atlantichealth.org