

MENTAL HEALTH MATTERS

A Monthly Newsletter from Atlantic Behavioral Health

May 2026

May Is Mental Health Month

Do you ever feel like you're just rushing from one thing to another or multitasking to fit more in—and by the end of the day, it's all a blur?

You can't quite remember what you did, where you've been, or who you connected with. We often didn't really connect—with anyone or anything. Over time, that can leave us feeling overwhelmed, frustrated, and alone.

When we multitask, we are quickly switching mental tasks and often end up missing much of what's right in front of us.

Good mental health depends on connection:
to others, to the world around us, and to ourselves.

Finding even a little space between the rushing is a powerful first step to improve mental health.

What do we put in those small mental places?

Mindfulness

You've probably heard the word many times—especially during Mental Health Awareness Month. For some, it resonates. For others, it can feel abstract—or like one more thing to add to an already full day. But mindfulness isn't about doing something perfectly or adding to your to-do list. It's about having a way to come back to yourself when things feel off or overwhelming.

Because most of us don't struggle with our mental health all the time. We struggle in moments.

Moments of stress.

Moments of frustration.

Moments where something small tips into something bigger.

And in those moments, we tend to do one of two things:
react automatically... or push it down and keep going.

Mindfulness offers a third option.

Pause. Notice. Choose.

Not in a dramatic way—
but in a small, repeatable one.

A breath before responding.
A moment of awareness instead of escalation.
A chance to interrupt the pattern.

STOP Technique; A tool to support Mindfulness

S – Stop

Pause what you're doing, even briefly.

T – Take a breath

One slow inhale and an even slower exhale.
Then another.
This begins to settle and regulate the nervous system.

O – Observe

What's happening right now?
Notice where you are.
Look around as if seeing things for the first time.
Ask yourself:
What am I feeling?
What am I thinking?
What am I holding in my body?
This simple step brings you back from the past
and the future—into the present moment.
A very good place to begin again.

P – Proceed

Choose your next step with a bit more awareness
and intention.

That's it.
No special setting.
No extra time required.

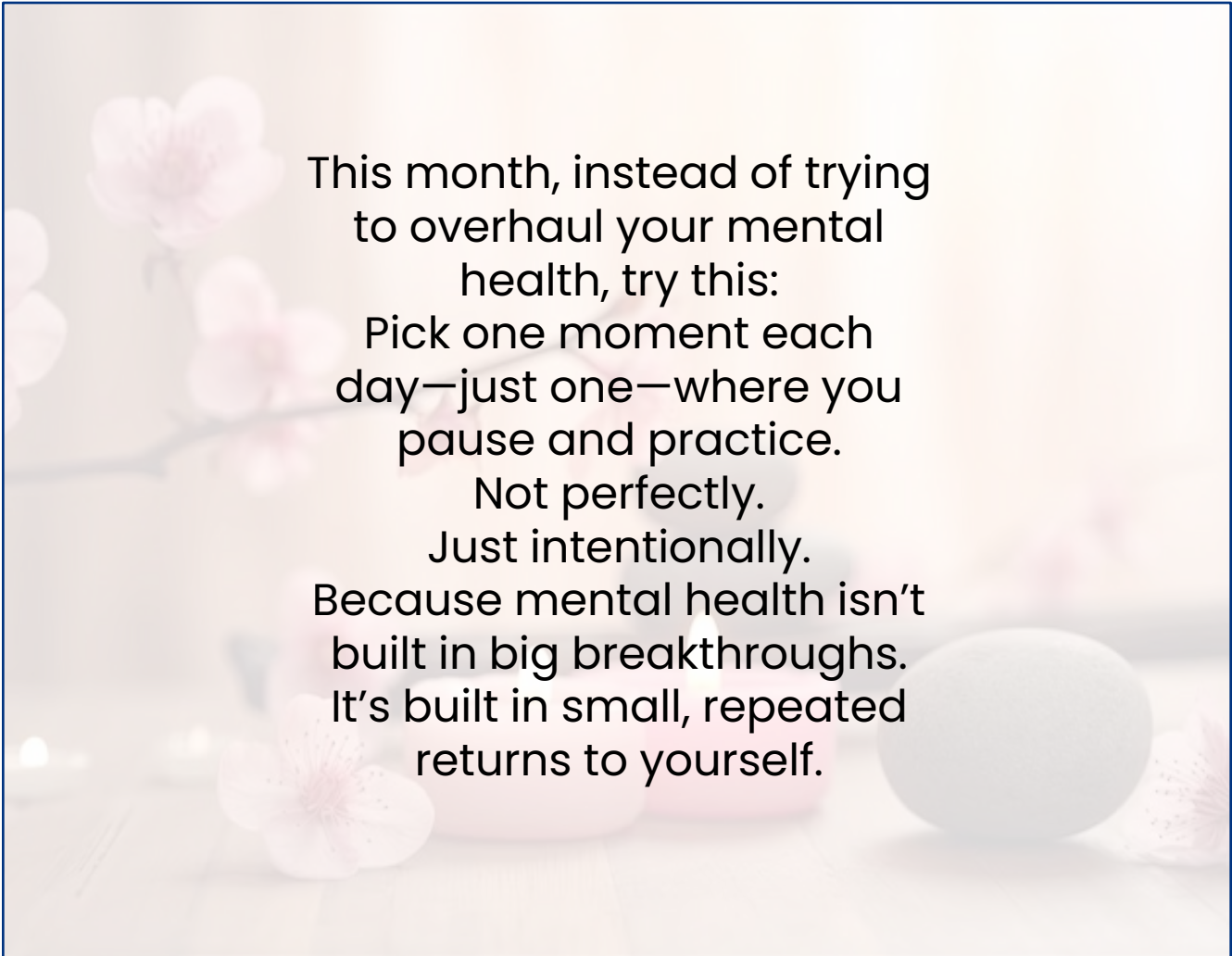
Just a small shift that creates space where there
wasn't any before.
And that space matters.

It's where regulation begins.

Where you become a little less reactive.

A little more grounded.

A little more in control of how you move through your day.



This month, instead of trying
to overhaul your mental
health, try this:
Pick one moment each
day—just one—where you
pause and practice.
Not perfectly.
Just intentionally.
Because mental health isn't
built in big breakthroughs.
It's built in small, repeated
returns to yourself.

https://www.neuroleadership.com/articles/the-myth-of-multitasking?utm_source=chatgpt.com

https://news.wfu.edu/2024/04/16/the-switch-cost-of-multitasking/?utm_source=chatgpt.comhttps://kids.frontiersin.org/articles/10.3389/frym.2021.584481?utm_source=chatgpt.com

https://thocc.org/about/news-press/news-detail?articleId=67976&publicid=461&utm_source=chatgpt.com

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