

PRESS RELEASE
LIFESTYLE CHANGES THAT PROMOTE MENTAL WELLNESS

Did you know that 1 in 4 Americans suffer from a mental health disorder? Whether it's a family member, friend, co-worker or even yourself, finding the right strategies and lifestyle changes to face a mental illness and embark on a journey toward recovery and mental wellness can be quite challenging.

For individuals with mental illness and their loved ones, the topic of "how to recover and stay in wellness for long periods of time" is of primary concern. In the midst of illness, recovery can seem like some intangible force that requires a complicated code to unlock.

During Carol Kivler's own journey with severe clinical depression, she searched for ways to sustain recovery for more than a couple months at a time. After her fourth bout with treatment-resistant depression, she started to experiment with a variety of non-medical strategies and lifestyle changes, and has sustained recovery for more than 14 years.

Carol, an international executive coach/consultant, professional speaker and author, provides practical, yet powerful tools for promoting mental wellness. These tips are also for anyone striving to sustain good mental health.

Here are a few things to consider:

- Recovery and the road to mental wellness is an on-going process.
- There are non-medical strategies to sustain wellness and recovery, which can be used alone or with medication and talk therapy.
- A commitment to lifestyle changes is necessary to improve the quality of one's life.

There are teachable skills and tools available to promote and maintain good mental health. The goal is to move people from mental illness to mental wellness!

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