

Where mental health is
a right, not a privilege

MOORE CARE THERAPY

August 2026

National Wellness Month

National Wellness Month, observed each August, encourages individuals to prioritize their physical, mental, and emotional well-being by adopting healthier daily habits. It reminds people that small, consistent lifestyle changes can have a lasting impact on overall health and quality of life. Throughout the month, activities such as regular exercise, nutritious eating, stress management, quality sleep, and mindfulness are promoted to support overall wellness. Communities, healthcare organizations, and workplaces often offer wellness programs and educational events to inspire healthier choices. By emphasizing preventive care, self-care, and holistic health, National Wellness Month encourages people to build habits that support a healthier and more balanced life.

TALK TO A MENTAL HEALTH PROFESSIONAL IF YOU HAVE

- Trouble sleeping or oversleeping
- Harmed yourself or thoughts to do so
- Withdrawn from your regular social life
- Constant paranoia or nervousness
- Uncontrollable illogical or “magical” thoughts

For a therapist who is
here for you
Call 843-799-0083

Or visit us at our website
moorecaretherapy.com



Moore Care
T h e r a p y
Empowering Minds, Transforming Lives

5 SENSES TO HELP MANAGE BIPOLAR DISORDER

Sight

Spend time in nature, enjoy natural light, or take a break from screens to rest your eyes.

Sound

Listen to calming music, nature sounds, or a guided meditation to reduce stress.

Smell

Use soothing scents such as lavender, peppermint, or citrus to promote relaxation or improve focus.

Touch

Practice self-care through stretching, a warm bath, a gentle massage, or by cuddling with a pet or cozy blanket.

Taste

Nourish your body with balanced meals, stay hydrated, and savor healthy foods mindfully.



*"Take care of your
body and mind—
they're the only places
you have to live."*