



Mind Your Health

We all know about the importance about taking care of our health-eating right, getting enough sleep, exercising. Healthy habits positively influence how a person feels and how their body functions.

But good health involves not only caring for our body, but also our mind.

The fact is our mental health is integral to our overall health. Far too many Americans fail to incorporate a principal component into their health choices. Yet overall health and wellness are not possible without it.

What is mental health? If you were to ask your office mate, spouse or neighbor, they may respond that it is a "state of mind," "being content with life" or "feeling good about yourself." Simply put, mental health is the ability to cope with daily life and the challenges it brings.

When a person has "good" mental health, they deal better with what comes their way. By contrast, "poor" mental health-such as feeling overwhelmed by stress -can make even day-to-day life difficult.

Poor mental health can also significantly harm a person's physical health. For instance, research shows that stress is closely linked to high blood pressure, heart disease and obesity. It also shows that people who feel depressed or chronically stressed may have a greater risk of physical illnesses.

The good news is there are many healthy choices and steps that individuals can adopt to promote and strengthen mental health-and overall health and well-being.

A healthy lifestyle can help to prevent the onset or worsening of depression, anxiety and other mental health conditions, as well as heart disease, diabetes, obesity and other chronic health problems. It can also help people recover from these conditions.

This May is Mental Health Month, ClientTrack, Inc. is raising awareness of the role mental health plays in our lives and providing tips and resources so anyone can take steps to promote good mental health.

May 2014 E-Newsletter

- > **Mind Your Health**
- > **Did You Know?**

Client Spotlight



The Washington City Mission exists to share Christ, to shelter, to heal and to restore the homeless to independent living - without discrimination.

City Mission is a non-denominational, Christian, social services organization, which provides critically needed goods and services to homeless, poor, and needy of Western Pennsylvania without regard to race, color, creed, national origin or religion.

[Click Here to Learn More](#)

Upcoming Webinars

Click to learn more or register for these upcoming webinars!

[Data Explorer](#)

Presented by Kamrin Carver
June 16 1pm MDT/10am PDT

[ClientTrack Fundamentals](#) (meets 3 times)

Presented by Kamrin Carver
July 29 10am MDT/12pm EDT
July 30 10am MDT/12pm EDT
July 31 10am MDT/12pm EDT

Where We'll Be...

Look for us at these upcoming conferences!

[Conference on Social Work and HIV/AIDS](#)

Denver, CO May 22 - 25

These include building social support, eating with your mental health in mind, recognizing the signs of stress, and knowing when to reach out for help.

Just as Americans have learned there are things they can do to reduce their risk of heart disease and other illnesses, ClientTrack, Inc. wants to help people learn what they can do both to protect their mental health in tough times and also to improve their mental well-being throughout their lives.

We need to care for both our body and mind.

For more information, visit Mental Health America's website at www.mentalhealthamerica.net.

Did You Know?

Did you know that your ClientTrack licencing agreement includes access to our interactive training experience and online training video library? Your ClientTrack investment includes essential trainings to ensure the success of your administrators and end users alike. These sessions include monthly live instruction within our Data Explorer tool along with Quarterly live Fundamentals trainings. New users and experienced users looking for a refresher course are invited to attend these sessions!

In addition to the introductory training, ClientTrack also offers Continual Education Services training on a rolling 6-week basis. Participants in CES are invited to attend Data Management Tools, covering Reports, Forms and Workflows. These courses run for six weeks to give users the most comprehensive training available to make each participant a true ClientTrack expert!



If you would like to sign up for our Data Explorer and ClientTrack Fundamentals training, or learn more about CES, please contact your Client Advocate.

[Association of Gospel Rescue Missions
2014 Annual Convention](#)

St. Louis, MO June 2-5

[American Mental Health Counselors
Association Annual Conference](#)

Seattle, WA July 10-12

[National Alliance to End Homelessness
National Conference](#)

Washington, DC July 29-31

COMING SOON!



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[Click Here to Learn More](#)

ClientTrack
Support: 855.374.7877
Sales: 888.449.6328