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Not only is June Men's Health Awareness month but it is also a focus of Men's Mental Health.

Did you know that men die by suicide 3.63 times more often than women? 70% of all suicides are men. This is fixable and reversible. The first step is to identify that help is needed before it reaches that point. Since men are great at wanting to fix things perhaps this is an area they take a step back, review their mental well-being and take action on their own life. Plus, you will have the satisfaction of knowing you did this on your own.

How can you work on your mental health?

Start by recognizing the signs in your body as well as your brain. There are six ways to having healthier mental health.

**Get open:** Stop telling yourself and the other men in your lives to MAN up. Instead, open up, whether with each other or taking time to see someone. Open up without apologizing. While it's a natural trait for men to be closed minded and stubborn and to bottle up your emotions, it's also the part that is killing you. So, open up to your loved ones and allow them to open up to you without judgement.

**Get control:** Do not beat yourself up over things from the past that you cannot change. Stop worrying about the things that may happen. Men tend to worry about things beyond their control. Instead worry about what you can control, such as your diet and routine. SET BOUNDARIES. This will help you keep your life in control, versus spinning out of control.

**Get active:** Exercise is a HUGE mood booster. The cool thing is you do not have to hit the gym.. You can just go for a walk or a brief jog, beat up a punching bag, swim a couple of laps in the pool, or get some work done in the yard. The goal is to move your body. Staying active will keep your mind and body in a positive place.



#### What Is a Boundary?

- A **BOUNDARY** is a definite place where your responsibility ends and another person's begins. It stops you from doing things for others that they should do for themselves.
- A **BOUNDARY** also prevents you from rescuing someone from the consequences of their destructive behavior that they need to experience in order to grow.

**Get chill:** Get off the electronics. Carve out time for yourself every day. Even 5 minutes at a time can change your mood. Take a moment to center yourself. Recognize that you cannot do all of it in a day sometimes and that is okay.

**Get thankful:** Recognize the small wins in your life. Even in a hectic life, there are some good things going on in your life as well. Take a moment and be thankful for those wins. Make a small gratitude list in your notes app; you will realize you have more going for you than you thought. Embracing those little things will add up to big wins.

**Get help:** While it is difficult to ask for help. Know when you need it and do not be afraid to ask for it. It is not a sign of weakness but a sign of strength. Even the professional athletes have coaches to help them improve. They ask for help when needed and so should you.

There are resources available that you can use to keep your mental health in check. No one has to do this alone. You got this.

<https://youtu.be/xwuWI3IVaTU>

Hope through Early Prevention and Intervention

Resource: Men's Mental Health Month: Six Mental Health Tips for the Dudes in Your Life: June 8<sup>th</sup> 2021, by Andy Riggs, AFSP Advocate, Morning Radio Host, [https://afsp.org/story/men-s-mental-health-month-six-mental-health-tips-for-the-dudes-in-your-life?utm\\_source=google\\_cpc&utm\\_medium=ad\\_grant&utm\\_campaign=depression\\_awareness&gad\\_source=1&gclid=CjwKCAjw34qzBhBmEiwAOUQcF\\_T\\_CU9J0SHM2tr-0xrKnV9XShvZUrR43c65RtX34TyhTNdARfeL4BoCwwYQAvD\\_BwE](https://afsp.org/story/men-s-mental-health-month-six-mental-health-tips-for-the-dudes-in-your-life?utm_source=google_cpc&utm_medium=ad_grant&utm_campaign=depression_awareness&gad_source=1&gclid=CjwKCAjw34qzBhBmEiwAOUQcF_T_CU9J0SHM2tr-0xrKnV9XShvZUrR43c65RtX34TyhTNdARfeL4BoCwwYQAvD_BwE)

Supporting Men's Health Through gardening: [https://www.thrive.org.uk/get-gardening/supporting-mens-health-through-gardening?gad\\_source=1&gclid=CjwKCAjw34qzBhBmEiwAOUQcF9T4VRnQESQACQAAE1ZbfUGFK11Zrabi9F2](https://www.thrive.org.uk/get-gardening/supporting-mens-health-through-gardening?gad_source=1&gclid=CjwKCAjw34qzBhBmEiwAOUQcF9T4VRnQESQACQAAE1ZbfUGFK11Zrabi9F2)



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## Healthy Recipe

<https://www.bbcgoodfood.com/recipes/avocado-black-bean-eggs>

### Mood Bosting Recipe

Avocado & Black bean eggs

By: Sara Buenfeld, Good Food

Serves: 2

5 Min Prep & 5 min cook time

Ingredients:

- 2 tsp grapeseed oil
- 1 red chili, deseeded and thinly sliced
- 1 large garlic clove, sliced
- 2 large eggs
- 400g can black beans
- ½ x 400g can cherry tomatoes
- ¼ tsp cumin seeds
- 1 small avocado, halved and sliced
- handful fresh, chopped coriander
- 1 lime, cut into wedges



Directions:

1. Heat the oil in a large non-stick frying pan. Add the chili and garlic and cook until softened and starting to color.
2. Break in the eggs on either side of the pan. Once they start to set, spoon the beans (with their juice) and the tomatoes around the pan and sprinkle over the cumin seeds. Your aiming to warm the beans and tomatoes rather than cook them.
3. Remove the pan from the heat and scatter over the avocado and coriander. Squeeze over half of the lime wedges. Serve with the remaining wedges on the side for squeezing over.

Cook tips: Others recommend cooking spices first and then adding eggs and ½ of the juice from beans. Eggs can cook quickly and before the spices have had a chance to heat up. If you cover the pan, can get a poached style egg, depending on your preference. Others' seasons with paprika and black pepper instead of chili.

**Recipe from Good Food magazine, October 2018**

**Nutrition:**

*Gluten Free, Healthy, High-Fiber, High-protein, and Vegetarian*

Calories: 356kcal | Carbohydrates: 18g | Protein: 20g | Fat: 20g | Sodium: .8g | Fiber: 11g | Sugar: 5g



Call or text the  
**988 Suicide &  
Crisis Lifeline** at  
**988** to connect  
with a crisis  
counselor and  
get support 24/7.



[nimh.nih.gov/suicideprevention](https://nimh.nih.gov/suicideprevention)