

# WELLNESS ARTICLE



**MAY 2026**

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**May is Mental Health Awareness Month**—a time to recognize that our mental and emotional well-being are just as important as our physical health. From everyday stress to more serious conditions like anxiety or depression, mental health touches all of us in some way.

Taking care of your mental health doesn't have to be complicated. It can start with small, meaningful steps—getting enough rest, staying active, talking to someone you trust, or simply taking a moment to pause and reset during a busy day. Just like routine check-ups for your body, checking in on your mental well-being is an important part of staying healthy.

It's also important to remember that you're not alone. Many people face mental health challenges, and seeking help is a sign of strength—not weakness. Whether it's speaking with a healthcare provider, connecting with a counselor, or leaning on your support system, help is always available.

**May is Women's Health Month**—a reminder for women of all ages to take charge of their health and well-being. From preventive screenings to everyday habits, caring for your health is one of the most important investments you can make.

Routine check-ups, annual exams, and recommended screenings play a key role in early detection and long-term wellness. Whether it's scheduling a well-woman visit, staying up to date on mammograms and cervical screenings, or managing ongoing conditions, these steps help you stay ahead of your health.

Women often put others first, but your health matters too. Prioritizing your well-being allows you to show up fully for your family, your work, and your community.



### Join Our May Health Talks!

Take time for your mental well-being—join us on May 13 for an Anxiety & Stress Health Talk, and return on May 20 for Stress & Hormones.

Visit [QPICSA.com](https://www.qpic.com) and click the Health Talk banners on the homepage to learn more and sign up!



### Need Help Getting Started?

Finding the right resources and staying on top of your wellness checks and annual screenings doesn't have to be overwhelming. QPIC is here to guide you every step of the way—from answering your questions to helping you schedule the care you need.

Call QPIC for guidance at 210-268-1698 or visit [QPICSA.com](https://www.qpic.com) to get started today.

# Healthy Recipe

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## Strawberry Spinach Salad with Grilled Chicken

A light, nutrient-packed meal perfect for warmer weather and healthy living in May.

### Ingredients

- 2 cups fresh spinach
- 1 cup strawberries, sliced
- 1/4 cup feta cheese (optional)
- 1/4 cup sliced almonds or walnuts
- 1 grilled chicken breast, sliced

### Simple Dressing:

- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 1 tsp honey
- Salt & pepper to taste



### Directions

1. Grill chicken breast and slice into strips.
2. In a large bowl, combine spinach, strawberries, nuts, and feta.
3. Add grilled chicken on top.
4. Whisk dressing ingredients together and drizzle over salad.
5. Toss lightly and serve fresh.

### Why it's great for May

- Fresh seasonal fruit (strawberries)
- High in protein and fiber
- Supports heart health and energy
- Light, refreshing, and perfect for spring wellness

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