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Celebrate National Wellness Month this August

Breaking Taboo wants to shine a light on the importance of self-care, managing stress and creating healthy routines for ourselves.

Today starts National Wellness Month and throughout all of August Breaking Taboo is encouraging everyone to prioritize your well-being and care for yourself and your mental health.

“Self-care helps manage stress and promotes happiness. National Wellness Month is not all about diet and fitness, but rather creating a positive and healthy lifestyle,” said Serena Hope Sun, Breaking’s founder and director. “We are not born with the innate ability for self-care, and too many of us were not taught the ability to really care for ourselves mentally and emotionally.”

National Wellness Month shines a light on the need to improve those self-care skills. At Breaking Taboo, we are always fostering education and providing free online education to help improve your mental health. The National Institutes of Health provides a free [Emotional Wellness Toolkit](#) to help improve your emotional wellbeing to help successfully hand life’s stresses.

“Take the time to learn how to care for yourself. No matter if it is getting a massage or spending time with someone who inspires you, these changes can yield positive results,” Ms. Sun said.

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Breaking Taboo provides information nationwide through social media, on-line resources and virtual events. Breaking Taboo works to end the stigma frequently associated with mental health which, if gone untreated, can lead to suicide. The social media aspect of Breaking Taboo can resonate with generations that have grown up on social media – Millennial Generation and Generation Z.

If you are contemplating suicide, immediately contact 9-1-1 for emergency services or call the [National Suicide Prevention Hotline](https://www.nimh.nih.gov/health/topics/suicide-prevention-hotline) at 800-273-8255 to speaking with trained counselors. [Online chat](#) is also available 24/7.

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About Breaking Taboo:

Breaking Taboo, a 501(c)(3) non-profit organization, was started in 2015 after Serena Hope Sun lost yet another close friend to suicide. Deciding that she was sick of losing people, she started creating a documentary film in order to educate people, and a movement soon evolved. To educate and save as many lives as possible by providing them with accessible and useful information, Breaking Taboo evolved into a nonprofit. Mental health and suicide cross all boundaries, and the all-inclusive Breaking Taboo aims to reflect that. Breaking Taboo is a modern solution on an age-old problem that appeals to the Millennial Generation and Generation Z just as much as retired veterans. Learn more at [Breaking Taboo](https://www.breakingtaboo.org). We are also available on social media platforms: [Twitter](#), [Facebook](#) and [Instagram](#).