



## MENTAL HEALTH

**Mental health** is defined as a state of wellbeing in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and is able to make a contribution to their community. Your mental health is influenced by life experiences, relations with others, physical health, and one's environment.

**What can you watch for?** A change in and individual's behaviour, feelings, attitude, appearance, and energy that is not their norm and persists for more than 2 weeks.

### How can you help your mental health?

- **Take a time-out.** Practice yoga, listen to music, meditate, get a massage, or learn relaxation techniques.
- **Eat well-balanced meals.** Do not skip meals. Keep healthful, energy-boosting snacks on hand.
- **Limit alcohol and caffeine,** which can aggravate anxiety.
- **Get enough sleep.** When stressed, your body needs additional sleep and rest.
- **Exercise daily** to help you feel good and maintain your health.
- **Do your best.** Instead of aiming for perfection, be proud of however close you get.
- **Accept that you cannot control everything.** Put your stress in perspective: Is it really as bad as you think?
- **Connect with others.** Make sure you connect with someone each day.
- **Building good habits.** Start small and layer habits.
- **Welcome humor.** A good laugh goes a long way.
- **Maintain a positive attitude.** Make an effort to replace negative thoughts with positive ones.
- **Get involved.** Volunteer or find another way to be active in your community, which creates a support network and gives you a break from everyday stress.
- **Talk to someone and ask for help.** Tell friends and family you're feeling overwhelmed and let them know how they can help you. Talk to a physician or therapist for professional help.
- **Get out into nature.** Take a walk and being outside is beneficial.

### Resources

Mental Health Crisis Line: 1.866.996.0991

Crisis Services Canada: 1.833.456.4566

[Centre for Addition and Mental Health \(CAMH\)](#)

[Ontario Psychological Association – Find a Psychologist](#)

