



Healthy MIND Healthy BODY

Being mentally healthy is important to a balanced life. Taking care of your mental and physical health allows you to accomplish things that are important to you. Maintaining positive mental health will assist you in managing life's challenges in a healthier manner and will benefit you in the overall enjoyment of your life.

Life can be difficult and there may be times when you feel out of balance but it's normal for us to have moments of stress, anxiety and feelings of sadness. Recognizing when these feelings become out of balance and begin to interfere with your daily activities is important so you can reach out for support.

Practice Mental Wellness



Volunteer – Helping others can help us to feel good about ourselves. It can also increase our social outlets and networks.

Learn ways to cope with negative thoughts - Negative thoughts can sometimes be pesky and persistent. Learn to STOP them.

Do one thing at a time - Take time to bring awareness to simple activities. Slow down!

Exercise - This improves mood and can help you to cope with depression or anxiety. Join an exercise group!

Laugh - Life often gets too serious, share a laugh with someone. A little humour can go a long way!

Keep learning – Embrace new experiences, seek opportunities, surprise yourself!

FOR HELP PLEASE CALL

URGENT—24 Crisis Line

Ph: 204-482-5419
Toll free: 1-866-427-8628

NON URGENT

Community Mental Health Services
Ph: 204-785-7752
Toll free: 1-866-757-6205