

We all have our ups and downs. To meet the challenges every day and to get the most out of life, we need to stay **mentally healthy.**

What does it mean to be mentally healthy?

Mentally healthy people...

- Accept who they are; their strengths and limitations
- Have a positive outlook on life; use humour, have fun
- Build positive and meaningful relationships with others
- Take responsibility for themselves; set goals and solve problems
- Take good care of themselves, take breaks, enjoy hobbies

Just like our physical health, it is possible to do things that will promote our mental health.

What simple changes can you make in your life that will build your mental health?

Body, mind and spirit

Our mental health is not just how we feel and think. Research shows that our mental health is linked to our physical and spiritual health.

- Keeping physically active, eating well, avoiding tobacco, alcohol and drugs will have a positive impact on our mental health.
- Mental health also means having close relationships with people we care about and having a sense of purpose and meaning in our lives.



What are the most important things in your life?

The benefits...

There are many benefits to making mental health a priority. Taking good care of your mental health will help you to:

- Feel good about yourself
- Enjoy life more
- Enjoy better relationships
- Have more energy
- Set and reach goals
- Handle stress
- Bounce back from difficult times

People with good mental health still have ups and downs but they are better able to cope with life and tend to enjoy life more.

Mental health is important at every age and stage of life. Caring for our mental health is a life long process.

People from all backgrounds including those who live with major health concerns will also benefit from caring for their mental health.

What can you do to be mentally healthy?

- Accept who you are, no one is perfect
- Focus on the positive
- Deal effectively with problems
- Try something new
- Stay connected to people you care about
- Ask for help when you need it
- Stay active every day
- Take time out for yourself to do something you enjoy

No matter what's going on in your life or what you are dealing with, there are always things you can do to feel better. **Small changes in the right direction can have a big impact.**

For more information and tips on promoting mental health, visit:

www.wrha.mb.ca

Winnipeg Regional Health Authority

www.cmha.ca

Canadian Mental Health Association

www.gov.mb.ca/healthyliving/

www.gov.mb.ca/healthyschools/issues/mental.html

Manitoba Government

www.phac-aspc.gc.ca

Public Health Agency of Canada

www.heretohelp.bc.ca

see Wellness Modules



Caring for our mental health is a life long process.

Une bonne
santé mentale...
tous les jours



Health Authority of Western Manitoba
Carng f r Hea th À éc ute de n tres nté