

MENTAL HEALTH 101



DID YOU KNOW THAT GOOD HEALTH IS NOT POSSIBLE WITHOUT GOOD MENTAL HEALTH.

WHAT IS MENTAL HEALTH?

Mental health is our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

WHAT ARE MENTAL HEALTH PROBLEMS?

A mental health problem is a broader term that includes both mental illness and/or symptoms that may not be severe enough to warrant the diagnosis of a mental illness. It is important to recognize that with most mental health problems, the symptoms are not static and can improve or worsen over time

IMPACT OF WORKPLACE FACTORS

Work in and of itself is rarely the sole cause of mental health issues. However, workplace factors can increase our stress levels, which in turn can increase our risk of developing mental health problems or mental illness. This is why it is important to take care of our mental health, and proactively address any stressors.

WAYS TO SUPPORT YOUR OWN MENTAL HEALTH

Supporting your own mental health and well-being can mean different things to different people. The list below is just meant to help get you started:

Take care of your physical health:

- Eat a well-balanced diet.
- Seek natural light every day.
- Give yourself enough time for restorative sleep.
- Stay hydrated by drinking lots of water.
- Avoid or limit your intake of alcohol, caffeine, tobacco and other non-prescription drugs.
- Stay active and exercise

Take some time to do something you love:

- Engage in a favourite hobby, like painting, playing a musical instrument, reading, etc.
- Listen to music.
- Watch a favourite TV show or movie.
- Be socially active – share and create positive relationships.

Know and respect your limits:

- Take time to recharge your batteries – take breaks and take time to care for yourself.
- Establish boundaries between your work and home life (e.g. certain times that you won't be available, or taking a break from your mobile device).
- Be aware of any changes in your habits, attitudes and moods, especially if they exist over several weeks or longer

Other ideas:

- Write in a journal.
- Find ways to use humour.
- Find ways for creative self-expression.
- Learn how to meditate, use deep breathing, practise yoga, or pray.
- Spend time in nature.
- Join/attend a club.
- Volunteer and/or help others



WANT MORE INFO?

cmha.ca

camh.ca

mdsa.ca

mindyourmind.ca

phac-aspc.gc.ca

workplacestrategiesformentalhealth.com