

What can I do to improve my overall mental health?

Good mental health helps us to achieve balance and cope with stressful times.

Ten general tips for mental health

1. build confidence identify your abilities and weaknesses together, accept them build on them and do the best with what you have
2. eat right, keep fit a balanced diet, exercise and rest can help you to reduce stress and enjoy life.
3. make time for family and friends these relationships need to be nurtured; if taken for granted they will not be there to share life's joys and sorrows.
4. give and accept support friends and family relationships thrive when they are "put to the test"
5. create a meaningful budget financial problems cause stress. Over-spending on our "wants" instead of our "needs" is often the culprit.
6. volunteer being involved in community gives a sense of purpose and satisfaction that paid work cannot.
7. manage stress we all have stressors in our lives but learning how to deal with them when they threaten to overwhelm us will maintain our mental health.
8. find strength in numbers sharing a problem with others who have had similar experiences may help you find a solution and will make you feel less isolated.
9. identify and deal with moods we all need to find safe and constructive ways to express our feelings of anger, sadness, joy and fear.
10. learn to be at peace with yourself get to know who you are, what makes you really happy, and learn to balance what you can and cannot change about yourself.

From: Canadian Mental Health Association - National Office www.cmha.ca

Other mental fitness tips include:

- Give yourself permission to take a break from your worries and concerns. Recognize that dedicating even a short time every day to your mental fitness will reap significant benefits in terms of feeling rejuvenated and more confident.
- "Collect" positive emotional moments - Make a point of recalling times when you have experienced pleasure, comfort, tenderness, confidence or other positive things.
- Do one thing at a time - Be "present" in the moment, whether out for a walk or spending time with friends, turn off your cell phone and your mental "to do" list.
- Enjoy hobbies - Hobbies can bring balance to your life by allowing you to do something you enjoy because you want to do it.

- Set personal goals - Goals don't have to be ambitious. They could be as simple as finishing a book, walking around the block every day, learning to play bridge, or calling your friends instead of waiting by the phone. Whatever goal you set, reaching it will build confidence and a sense of satisfaction.
- Express yourself - Whether in a journal or talking to a wall, expressing yourself after a stressful day can help you gain perspective, release tension, and boost your body's resistance to illness.
- Laugh - Laughter often really is the best medicine. Even better is sharing something that makes you smile or laugh with someone you know.
- Treat yourself well - Take some "you" time - whether it's cooking a good meal, having a bubble bath or seeing a movie, do something that brings you joy.

Adapted from: Canadian Mental Health Association *Mental Fitness Tips*. For more info visit: <https://cmha.ca/resources/mental-fitness-tips>

Do you need help or know someone who does?

CMHA-WECB Information and Referral Services (through Coordinated Access located at the Crisis and Mental Wellness Centre - Transitional Stability Centre)*: 519-973-4435 www.windsor-essex.cmha.ca
Community Crisis Centre (Hotel-Dieu Grace Healthcare) 519-973-4435
Connex Ontario Health Services Information: www.connexontario.ca/help
Connex - Mental Health Line: 1-866-531-2600 Gambling Help Line: 1-888-230-3505
And Drugs or Alcohol Help Line: 1-800-565-8603

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WHEN ONE DOOR CLOSSES,
ANOTHER OPENS

CMHA-WECB no longer accepts "walk-in" clients. For immediate mental health services visit the Hôtel-Dieu Grace Healthcare's Transitional Stability Centre (TSC).

519.973.4435 | 736-744 OUELLETTE AVE. | 8 AM - 8 PM | 7 DAYS A WEEK