Strategies To Support Mental Health

Mental health is the health of our minds and is a factor that impacts our overall health. It is connected to our thoughts, feelings, problem solving, and ability to cope with stress. Everyone has mental health!

Here are some tips to support your mental health:

Seek Professional Help - A mental health professional, like a social worker or psychologist, can provide valuable guidance and support. Check your health benefits plan for information on coverage details.

Stay Connected - Maintaining meaningful relationships with friends and family is important for your mental health. They can provide support, comfort, and perspective.

Manage Stress - Managing your personal and professional stress can contribute to better mental health. Try implementing techniques like mindfulness, meditation, and time management to reduce stress.

Get Adequate Sleep – A lack of sleep can negatively affect your mood. Practice good sleep hygiene and aim for a minimum of 7 hours of sleep per night.

Volunteer or Help Others – Giving back to your community in a way that is *meaningful to you* can improve your sense of purpose, happiness, and fulfillment.

Exercise Regularly – Physical activity releases endorphins, which can reduce stress and improve mood. Aim for 30 minutes of physical activity daily in something you enjoy, like weight training, a challenging hike, or walking around your neighbourhood.

Remember that mental health is a journey. Taking proactive steps to care for your mental health is a crucial part of leading a fulfilling and balanced life.

For more information visit:
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