

# World Mental Health Day



October 10<sup>th</sup> is World Mental Health Day. Today's goal is to raise awareness for mental health issues, highlight mental health resources, and continue having important conversations to end the stigma around mental health at Magna and beyond.

Mental health is the well-being of our minds. It includes feelings, emotions, thoughts, and the ability to cope with life's challenges. This is different from mental illness, which is a medical condition that affects a person's mood, thinking, or behaviour.

EVERYONE has mental health. It is an integral part of our health and well-being that exists on a continuum ranging from "thriving" to "needs help." Every person will experience mental health differently and will find themselves sliding back and forth along this continuum depending on how they perceive and respond to different circumstances. A person's mental health status changes constantly throughout their daily life.

When you work towards having positive mental health, it increases your resilience and your ability to face new challenges without distress. When mental health concerns are recognized and treated early, they are more likely to be temporary or reversible.

## How can you improve your mental health *today*?

There are small, but impactful ways to make a positive change in your mental health. Try picking two of these strategies to incorporate into your week:

- Check in with yourself. Ask yourself how you are feeling and name the emotion. If you are feeling any negative emotions, try to think of one way to improve that feeling.
- Learn a new skill or try a new hobby.
- Participate in physical activity. Ask a family member or friend to join you!
- Eat balanced meals with protein, vegetables, and complex carbohydrates.
- Tidy up your space! De-cluttering or cleaning a work or living space can be beneficial for your mental health.
- Access supportive resources. You already have a head start by reading this article! Learn more about FREE Magna specific mental health resources below:

## Resources for Magna Employees

**Employee and Family Assistance Program (EFAP)** through Workplace Options offers counselling services, connects employees to local health resources, and has a library of information promoting emotional and practical well-being. This service can be used by all Magna employees and family members.

- Phone: 1-833-354-2543



For more information visit:  
[WWW.MAGNAWELLNESS.COM](http://WWW.MAGNAWELLNESS.COM)

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Health and Wellness  
for Magna Employees

**MAGNA**

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- Website: [global.helpwhereyouare.com](http://global.helpwhereyouare.com)
  - o Company code: Magna
- IConnectYou App
  - o Password: 245218

Utilize your Magna **extended health benefits program**, which covers several mental health practitioners.

- Check your coverage and contact your HR team if you have any questions.

**Magna Hotline** is a 24/7 confidential way to report and get advice on workplace conflicts.

- Phone: 1-800-263-1691
- Website: [magnahotline.com](http://magnahotline.com)

Check your local public health agency for other mental health resources.

**Remember, you can't stop the waves, but you can learn how to surf. Let's normalize asking for help this World Mental Health Day!**

*Written by Riley Walker, Health Promotion Coordinator.*



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