



Building your mental health...

# One support at a time

**Positive Relationships at Work  
Good Neighbours  
Ties to your Community  
Caring Relationships**



Partner in mental health leadership:



For a list of mental health resources and CMHA locations visit [cmha.ca](http://cmha.ca)

# Mental Health Tips



**Share humour** – Life often gets too serious, so when you hear or see something that makes you smile or laugh, share it with someone you know. A little humour can go a long way to keeping us mentally fit!

**Talk about it!** Share your troubles with a friend to help put things in perspective and to feel that you're not alone. Learn some other ways to manage stress effectively

**Keep a journal or talk to the wall!** – Expressing yourself after a stressful day can help you gain perspective, release tension and even boost your body's resistance to illness.

**“Collect” positive emotional moments** – Recall times when you have experienced pleasure, comfort, confidence, or other positive emotions. Think positively, embrace your good qualities and look ahead to a positive future.

**Do one thing at a time** – When you are out for a walk or spending time with friends, turn off your cell phone and stop making that mental “to do” list. Take in all the sights, sounds and smells you encounter.

**Maintaining a healthy lifestyle** – Regular, moderate exercise helps ease tension, improves sleep and self-esteem. A good diet is often the first thing to go when we're feeling stressed but the simple action of eating well can soothe stressful feelings.

**Treat yourself well** – Cook yourself a good meal. Have a bubble bath. See a movie. Call a friend...Whatever it is, do it just for you.

**Enjoy hobbies** – Taking up a hobby brings balance to your life by allowing you to do something you enjoy because you want to do it, free of the pressure of everyday tasks. It also keeps your brain active.

**Volunteer** – Helping others makes us feel good about ourselves; it widens our social network; provides us with new learning experiences and can bring balance to our lives. Find ways to help others and refocus some of your attention away from your own concerns and toward the needs of others.

## **Plan for success**

Emphasize what you do well. Learn to value and build on your strengths. Take disappointments in stride. Everyone experiences failures at times. The most successful people learn from their disappointments, rather than allowing themselves to be defeated by them.

## **Be willing to seek help when needed**

Find people you can talk to when you have problems. Counseling may be helpful if you experience persistent feelings of worthlessness or low self-esteem.

***Give your mental health a boost***

# A solid foundation for mental health starts here...



## Positive relationships at work

- Supportive relationships in the workplace are important to good mental health. Reach out to others around you.
- Listen to the concerns of your co-workers.
- Share a laugh with them.
- It will help reduce stress. It will bring you satisfaction and security in your professional and personal life.



## Good neighbours

Look across the road or across the hallway. Most of us live close to others but we rarely talk to them. A simple gesture is all it takes to build support with a neighbour. Say hello. Welcome newcomers to the neighbourhood. Just be there and they will be there for you.

## Ties to your community

Joining community groups, clubs and organizations makes you a part of something bigger. Contribute to your community and it will be part of your social network. You will reap the rewards by feeling connected and having a sense of purpose.



## Caring relationships

When we care for others and others care for us we feel valued. You may find this caring relationship in a best friend. It may be in a relationship with a family member, neighbour or caregiver. Build those relationships with care and laughter.

## ...and expert support.

At some point in our lives, we may need to give our mental health a boost by seeking the help of a professional.

- If you are depressed, meet with your doctor
- For financial challenges, seek the help of a financial planner or debt counselor
- For direction in your work life, speak to a career counselor and make a career plan
- To repair relationships with loved ones and friends, talk to a counselor and work through the issues.

If you are experiencing a difficult time in your life and you need support, contact your local **Mental Health and Addiction Services office:**



Partner in mental health leadership:



Corner Brook	634-4506/4171
Stephenville	643-8740
Port aux Basques	695-4629
Burgeo	886-1550
Deer Lake	635-7830
Norris Point	458-2381
Port Saunders	861-9125

