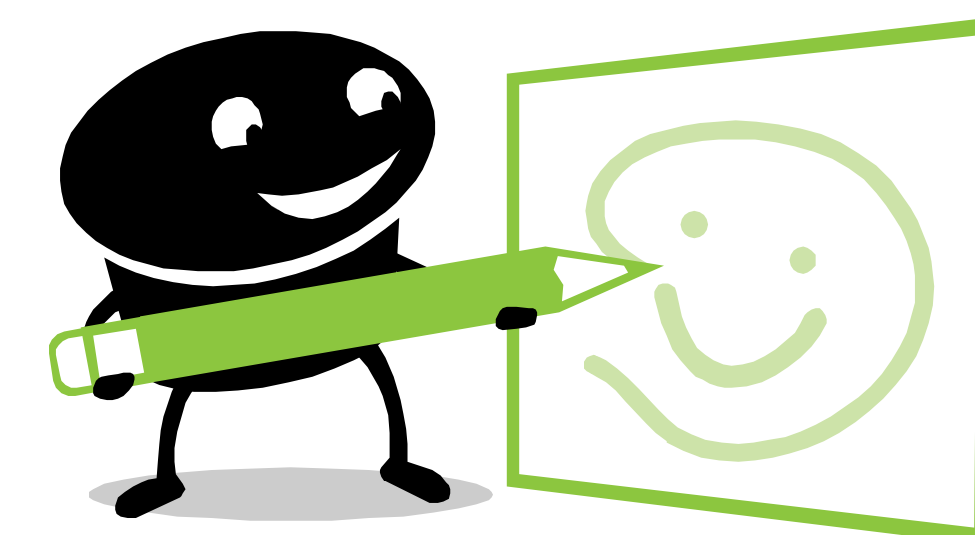


Positive Mental Health



Mental Health Tips

Laugh – Don't take everything too seriously. If something is funny, laugh & share with friends. Humor is important to health.

Build supportive relationships with family, friends, neighbors, co-workers & your community. Do things with others!

Talk about it! Share your troubles to help feel supported. Don't be afraid to ask for support.

Learn ways to manage stress – Learn relaxation techniques such as deep breathing & stretching.

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

“Collect” positive emotional moments – Recall times when you have felt pleasure, comfort, confidence, or other positive emotions. Embrace your good qualities.

Maintain a healthy lifestyle – Eating healthy foods, proper sleep habits & regular, moderate exercise helps ease tension, improves sleep & increases self-esteem.

Promoting Positive Mental Health is essential for a good quality of life!

Mental Health is more than just an absence of mental illness... it's your ability to enjoy life & cope with life's challenges.

Do one thing at a time - When out for a walk or with friends, turn off your cell phone & stop making your mental “to do” list.

Treat yourself well - Cook a good meal. Have a bubble bath. See a movie. Call a friend. Whatever it is, do it for you. A hobby brings balance to life & relieves everyday pressure.

Get Involved/Volunteer - Helping others makes us feel good, widens social networks & provides new experiences.

Plan for success - Know what you do well & build on it! Everyone experiences failure but successful people learn from their mistakes.

Be willing to seek help when needed - If you are experiencing a difficult time in your life & you need support, find people you can talk to or *contact your local*

Mental Health & Addiction Services Office.



NL Health Line
1-888-709-2929

Mental Health Crisis Line
1-888-737-4668

Do you need more help? Contact your local
Mental Health & Addiction Services Office.



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