Mental Health
(Coping Methods for Self-Care)

PRIORITIZE MENTAL WELLNESS

Accept that some anxiety and fear is normal.

According to a survey from Honey, 67% of Canadians have experienced anxiety that has negatively impacted their mental health.

Know that you are not alone. Anxiety and stress are the first of the common problems that occur.

Seek out credible information. Trust official information from credible sources. "Sources of" is not a quote.

Be smart with media consumption.

Be kind and empathic to yourself.

It’s okay to not be okay. Take each day at a time, and recall the role your support system can play. Remember, it’s okay to not be okay, and it’s okay to not get better.

Mental health isn’t a switch to be turned on and off with a flick of a switch. It’s not something that can be turned on and off. It’s not something that can be turned on and off.

Be fuel your body effectively.

As much as you can, think about the good things in your life. Identify your strengths and ignore negative thoughts.

Avoid��eradexes about your diet and exercise. Remember, cons can cause anxiety, and anxiety can cause cons. It is important to take care of your body with proper nutrition and exercise.

Reach out as much as you can. Your support system can provide you with the resources you need to feel better.

With your coffee under 10% caffeine. The goal is to maintain a healthy balance while enjoying your coffee.

Seek out help.

Don’t suffer in silence. It’s important to not suffer alone. Remember, there are support systems available to assist you.

Contact: 1-800-668-1000

Kids Help Phone
For ages 5-20

Crisis Services
For urgent care
1-833-456-4566

Canadian Mental Health Association
For local resources
https://cmha.ca

Sources
- Health Canada
- Mental Health and Addictions
- American Psychological Association
- Canadian Mental Health Association