

## Mental Health Week

May 7-13, 2018

Mental health is a very important part of a person's overall health picture. 1 in 5 Canadians will have a mental illness this year and only 1/3 of them will access help, largely due to the stigma surrounding Mental Health. We often neglect this area be it intentional or unintentional. When talking about mental health we are not only referring to mental illness, but rather to the overall mental wellness. Some people are very healthy mentally while others struggle. One way to keep mentally healthy is to practise self-affirmation. By reading the following statements to yourself you can promote your own positive mental health which in turn can have a positive effect on others around you.

Take the time to think about **YOU** and read these positive self-affirmation statements!

- I am a good person.
- I deserve to feel well.
- I make a difference
- I have a bright future.
- I feel good about myself
- I love and accept myself.
- I only have control over my own thoughts, behaviours and actions.
- It's ok to have a bad day.



Taking a few minutes and reading the above self-affirming statements can increase your personal self-esteem and increase your own personal awareness around mental health.

With the warmer weather upon us get outside and enjoy some vitamin N (nature). Doing activities outside can increase your overall well-being. Being outside encourages physical activity. Exercise is known to have a positive impact on the mind by improving mood, reducing anxiety which can lead to a better sleep and concentration. Spring is here and we can finally get out and enjoy gardening, bird watching, walking or running in the fresh air. This will not only benefit your mental health but your physical health as well. If there is ever any question on your mind, please feel free to stop and discuss you situation.

This year's Mental Health Awareness campaign is #GETLOUD

### Citations:

Canadian Mental Health Association. (n.d.). Retrieved from <http://mentalhealthweek.ca/>  
Alberta Health Services. (n.d.). Mental Health Week. Retrieved from [http://www.albertahealthservices.ca/  
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