

Positive mental health and well-being are for EVERYONE

Enjoy life to the fullest by taking care of *Your* mental well-being. Start by eating right, engaging in physical activity, managing your stress, and having a strong social network.



Good Mental Health Benefits Us in Many Ways

It helps us....

- improve the health of our bodies
- do things that are important to us such as maintaining interest in our work, relationships and hobbies
- sleep better
- enjoy life
- cope with problems
- have a feeling of well-being and inner strength

For more information on how to maintain or increase your mental wellness visit these websites.

Exercise and Mental Wellness

<http://greatist.com/fitness/13-awesome-mental-health-benefits-exercise>
<https://www.helpguide.org/articles/exercise-fitness/emotional-benefits-of-exercise.htm>

Eating Healthy and Mental Wellness

<https://www.mentalhealth.org.uk/a-to-z/d/diet-and-mental-health>
<http://theconversation.com/you-are-what-you-eat-how-diet-affects-mental-well-being-27115>
<http://www.mindhealthconnect.org.au/diet-and-mental-health>

Social Connections and Mental Wellness

<https://www.psychologytoday.com/blog/the-athletes-way/201402/maintaining-healthy-social-connections-improves-well-being>
<http://ccare.stanford.edu/uncategorized/connectedness-health-the-science-of-social-connection-infographic/>
<https://www.livingwell.org.au/well-being/five-ways-to-mental-wellbeing/connect-with-others/>

General Information on Mental Wellness

http://toronto.cmha.ca/mental_health/benefits-of-good-mental-health/#.WOPVDdLytdg
<https://www.cmha.bc.ca/documents/improving-mental-health/>