What fosters good Mental Health? What makes it fragile?

The state of our mental health depends on many factors, some of which we have control over, others less so!

Factors that contribute to good mental health (examples)

- Fostering relationships that feel good
- Having a healthy lifestyle
- Understanding and managing stress
- Engaging in enjoyable activities and laughing

Factors that compromise mental health (examples)

- Difficult working conditions
- Discrimination and exclusion (racism, sexism, ageism, etc.)
- Violence or abuse
- Natural or human disasters

Mental Health and Social Inequality

Some groups, such as the socially and economically disadvantaged, live with a greater number of factors that can compromise their mental health.

What can I do to strengthen my Mental Health?

- Identify what influences my mental health.
- Regularly ask myself: "How am I doing?" Make observations!
- Develop emotional skills, for example by learning to express my emotions and by understanding those of others.
- Identify my goals, values, and strengths, and keep them in mind when making choices.
- Recognize my needs and ask for support when required.
- Identify family and friends to turn to when needed.

Taking care of your mental health is an act of kindness towards yourself.

PRACTICE KINDNESS

It's good for mental health

A campaign realized by

Canadian Mental Health Association
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