

Mental Wellness



What is Mental Wellness?

Mental wellness means that your mind is in good working order and is serving your best interests. You have the ability to think, experience, and behave in ways that benefit your physical and social well-being.

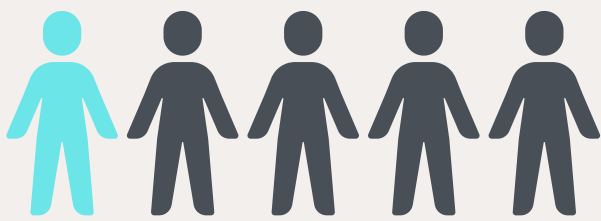


What affects our mental wellness?

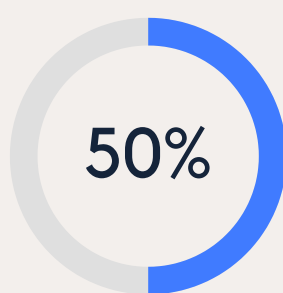
Many stressors contribute to our mental well-being. Our genetics (how we are born), state of physical fitness, previous life experiences, living conditions, and activities in our everyday lives all have an effect on our mental wellbeing.



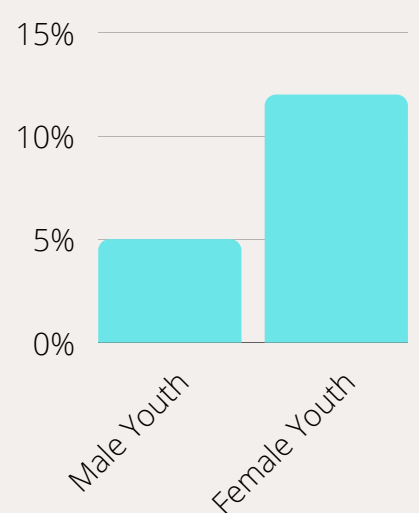
1 of 5 Canadians experience a mental illness or disorder



By age 40 50% of Canadians will experience a mental health problem



Youths who have experienced a major depressive episode



How to stay mentally well

What's recommended to stay mentally well is:

- Go on a walk
- Make contact with relatives or friends.
- Go to the library in your neighborhood. Read a book
- Eat nutritious meals on a daily basis.
- Go to the family doctor and get examined.
- Take your drugs exactly as prescribed
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References

Canadian Mental Health Association. (2019, June 26). Fast Facts about Mental Illness. Retrieved from <https://cmha.ca/fast-facts-about-mental-illness>

Mental wellness. (n.d.). Retrieved from <https://www.fraserhealth.ca/health-topics-a-to-z/mental-health-and-substance-use/mental-wellness#.YHiaFGRKi3I>