

7 WAYS TO RECHARGE YOUR BATTERIES

Mental health is an essential component of our overall health. It represents a *dynamic balance* between the various aspects of our life: social, physical, economic, spiritual, emotional and mental. Mental fitness helps us take action, live up to our potential, cope with day-to-day difficulties and engage in our community. It is influenced by our living conditions, by the dominant values in our society, as well as our own individual ones.

7 WAYS VALID AT ALL TIMES

Taking care of our mental health is essential. However, the time we dedicate to it is not always proportional to how important we believe it is. These 7 ways provide solid grounds for a good individual and collective mental health. Feel free to add one, two or more tips to the list, according to your own needs and preferences. In good times and in bad, these tips are appropriate for everyone in all circumstances!

TOGETHER FOR MENTAL FITNESS!

Genetics, as well as our way of thinking and our behaviours, influence our mental health. Here are other factors that can affect your mental health:

- **relationships** (with family, friends, peers, colleagues and neighbours);
- **living environments** (family, school, work, home, neighbourhood, community);
- **available resources** (employment and social solidarity, financial assistance, health care system, education system, etc.);
- **conditions** (economic, social, political, culture, environment).

DISCOVERING WHAT WE ALREADY DO TO STAY MENTALLY FIT

Find out how you are already taking care of your mental health. Give examples to illustrate your discoveries. For each of the 7 tips, tick a box to indicate your level of satisfaction. If you do this operation again tomorrow, next week, next month or next year, the boxes you tick today won't necessarily be the same ones then. You will discover that you are, as all humans, in constant motion.

TAKE ACTION

IT'S GIVING MEANING TO YOUR LIFE

 Here are some examples.
ALONE

- My goals are realistic and I take actions to achieve them.
- I use my experience to resolve my problems.
- I can face challenges, I don't give up at the first bump.
- I try to give meaning to the events that happen in my life.
- I recognize the good things that happen to me.

My examples: _____

 Here are some examples.
WITH OTHERS

- I talk to others to find solutions.
- I engage in community life (eg. school committee, environmental group, training a sports team, facilitating a workshop or organizing the Neighbours Day at work).

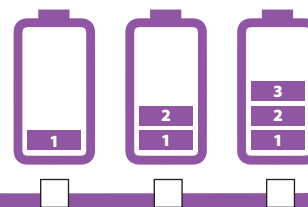
My examples: _____

 **TOGETHER**
for mental fitness!

In society, what helps me facing new challenges?

Ex. : Continuing education for adults, youth club activities, learning and development opportunities at work, recognition of my 35 years of experience.

MY SATISFACTION LEVEL WITH THIS WAY:



FEEL THE MOMENT

IT'S RECOGNIZING YOUR EMOTIONS, UNDERSTANDING THEM, OWNING THEM AND ACCEPTING THEM

 Here are some examples.
ALONE

- I understand that my emotions are messages I need to acknowledge.
- I can identify how some of my emotions are triggered (ideas, situations, etc.).
- I recognize some of the signals my body is sending me that are linked to my emotions.
- I express my emotions while respecting others.
- I take actions that create positive emotions whenever I can.

My examples: _____

 Here are some examples.
WITH OTHERS

- I am really interested in the people around me, their feelings and their troubles.
- I help people close to me to understand and express their emotions.

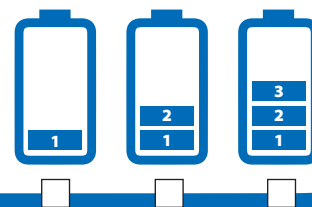
My examples: _____

 **TOGETHER**
for mental fitness!

In what situations expressing my emotions has helped change the situation, the environment or the system?

Ex. : Naming my fear has led to securing a place, expressing my anger has helped to stop a bill, mentioning my sorrow has led to the creation of a support group.

MY SATISFACTION LEVEL WITH THIS WAY:



ACCEPT YOURSELF

THIS MEANS IDENTIFYING YOUR STRENGTHS, ABILITIES AND LIMITS, AND EXPRESSING YOUR NEEDS

 Here are some examples.
ALONE

- I can identify some of my strengths and weaknesses.
- I appreciate who I am.
- I recognize that I am unique and different from others.
- I have the courage to recognize what makes me vulnerable, as well as my doubts and sufferings.
- I recognize I deserve respect no matter what happens or what people think of me.

My examples: _____

 Here are some examples.
WITH OTHERS

- I can listen, offer support and express compassion.
- I try to stay myself while living with others.
- I recognize others' strengths.

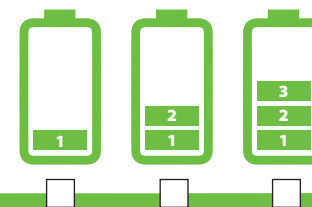
My examples: _____

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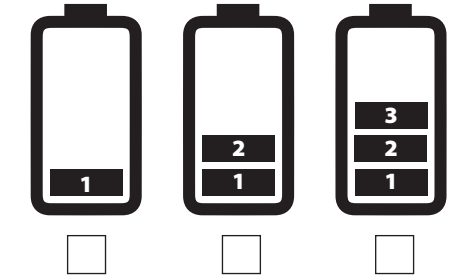
What helps me to feel accepted and to accept others – at school, at work, in my town, in my community or at home?

Ex. : When people listen to me during a meeting and recognize my work; when my sport's team support me; when I take others' opinion into consideration.

MY SATISFACTION LEVEL WITH THIS WAY:



WHAT IS MY SATISFACTION LEVEL TODAY TOWARDS THE 7 TIPS?



The Mouvement Santé mentale Québec is a grouping dedicated to creating, developing and reinforcing good mental health.

MOUVEMENT
SANTÉ MENTALE
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Promouvoir. Soutenir. Outiller.

a Québec-wide presence through our provincial office and our regional partners:
SMQ – Bas-Saint-Laurent | SMQ – Chaudière-Appalaches
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WE WISH TO THANK :

Le ministère
de la Santé et des
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Capsana 

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REENERGIZE

IT'S LEAVING SOME SPACE FOR WHAT'S GOOD FOR YOU

Here are some examples.
ALONE

- I define my priorities.
- I take breaks to reduce my stress level.
- I'm doing activities I enjoy.
- I get enough sleep.
- I try to maintain a balance between various aspects of my life: social, physical, mental, emotional, economic and spiritual.

My examples: _____

Here are some examples.
WITH OTHERS

- At work, with my family or friends, at home, or at school, we take time together to reenergize and do things we love.

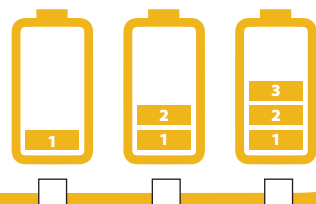
My examples: _____

TOGETHER
for mental fitness!

What helps me to unwind in my environment or community? How can I reinforce this feeling?

Ex.: The library, summer festival in the park, a fly fishing class, lectures, a photography workshop.

MY SATISFACTION LEVEL WITH THIS WAY:



EXPLORE

IT'S OPENING UP TO LIFE

Here are some examples.
ALONE

- I am open to new ideas and new learnings.
- I explore various solutions' possibilities and overcome barriers.
- I develop my skills and knowledge.
- I feel free to think and dream.
- I am open to the unexpected, I take actions on the things I have the ability to change, and I accept what I cannot change.

My examples: _____

Here are some examples.
WITH OTHERS

- I believe others can benefit from my knowledge.
- I am open to meeting new people and to get to know them without judgement.
- I listen to others points of view and I ask questions before I give an opinion.

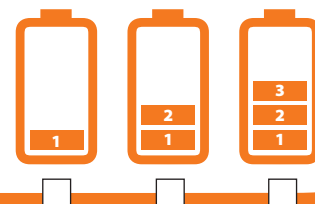
My examples: _____

TOGETHER
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What helps me discover my environment, new people and other cultures?

Ex.: Information provided by my town regarding existing activities et services; the Neighbours Day on my street; open house event in the Farms of Quebec; local products in public markets; welcoming immigrants.

MY SATISFACTION LEVEL WITH THIS WAY:



MAKE CHOICES

IT'S BEING INDEPENDENT

Here are some examples.
ALONE

- I can make my choices.
- I can reach for help when I need it.
- I can identify the abilities I have that can help me meet my goals.
- I give priority to offers and situations aligned with my values.
- I frequently review my priorities, my values, my needs, etc.

My examples: _____

Here are some examples.
WITH OTHERS

- I agree to cooperate and I promote mutual assistance.
- I team up with others to find solutions for some problems (with the family, in my sports team, at home, with my colleagues, with some friends, etc.).

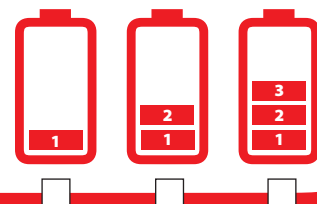
My examples: _____

TOGETHER
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In my environment, what contributes to my independence and helps me developing it? How can I assist others in becoming independent?

Ex.: The mobility I get from paratransit; the support I receive from a community organization; the fact that creativity is encouraged at work; the education that will help me find a job.

MY SATISFACTION LEVEL WITH THIS WAY:



FOSTER RELATIONSHIPS

IT'S CREATING REWARDING AND SATISFYING RELATIONSHIPS

Here are some examples.
ALONE

- I take care of my relationships.
- I dare to make the first move to start a discussion.
- I put myself in other people's shoes to understand how they feel.
- My relationships are satisfying, rewarding and nurturing.
- I accept what others have to offer.

My examples: _____

Here are some examples.
WITH OTHERS

- I worry about the wellbeing of others.
- I am interested in the goals and interests of others.
- I promote tolerance, respect and social acceptance in my environment.

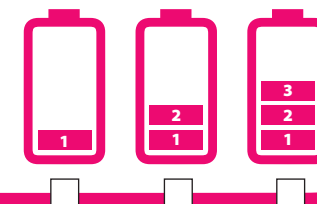
My examples: _____

TOGETHER
for mental fitness!

What helps me bond with people in my community? How can I strengthen these relationships?

Ex.: A walking club, taking a class, the development of a park, a community center, a hockey team.

MY SATISFACTION LEVEL WITH THIS WAY:



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TAKE ACTION

FEEL THE MOMENT

ACCEPT YOURSELF

REENERGIZE

EXPLORE

MAKE CHOICES

FOSTER RELATIONSHIPS

VALID ANYTIME