

**HOW CAN WE TAKE CARE  
OF OUR MENTAL  
HEALTH?**

# Ways to prioritise your mental health

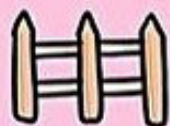
by mellow doodles



walk



rest



set  
boundaries



find a  
therapist  
if you can



talk



read

self-development  
& mental health  
books and podcasts



listen



start a  
hobby

just for you



re-parent  
yourself



say no

# Ways to Foster Positive Thinking



**Recall positive life events**



**Perform acts of kindness**



**Practice mindfulness**



**Express gratitude**

# my boundaries

crazyheadcomics



i will take care  
of myself first



i will not  
allow others  
to guilt or manipulate  
me into doing things  
i'm not comfortable with



i will stand  
up for myself  
and voice my  
opinions with  
confidence



i will not hold  
myself responsible  
for the things  
beyond my control

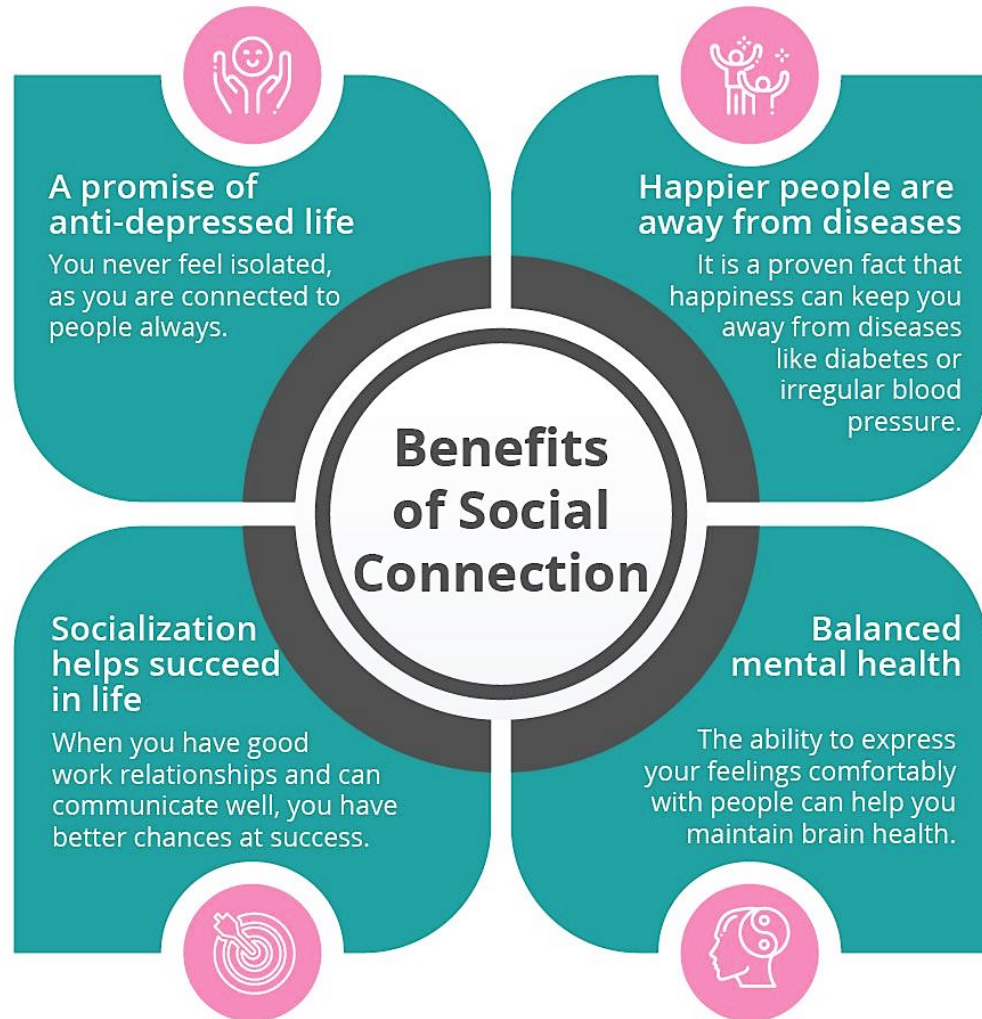


i will communicate  
openly and when i  
need to, assertively



i will not let  
my happiness  
depend on other  
people

Social connections can have multiple benefits in both your professional and personal life. If you have mastered the art of connecting with people around you, these are the advantages you will likely have.



Everyone you meet is fighting a  
battle you know nothing about.

Be kind.  
Always.

## THINGS TO REMEMBER

Kindness is free

Everyone's journey is different

Gossiping is toxic

Nothing ever stays the same

Alone time is good for the soul

[www.miss-mental.com](http://www.miss-mental.com)

DOING  
GOOD  
DOES YOU  
GOOD

Acts of kindness help make  
the world a happier place -  
it's contagious!



If you think you have a mental health condition



**YOU ARE NOT ALONE**

## RESOURCES

- The Distress Centre – 403-266-4357
- Access Mental Health – 403-943-1500
- Mental Health Help Line – 1-877-303-2642
- Addiction Helpline – 1-866-332-2322
- Community Links – 403-946-3900 – Social and mental health supports(based in Airdrie, with an office in Beiseker – serving surrounding community)

**If you or a loved one is in immediate danger, call 911!**