

## ***There is no health without mental health.***

No one can be fully healthy and happy without positive mental health. It involves how we feel, think, and interact with the world around us. Mental health is about coping with the normal stresses of life.

Saying mentally healthy is like saying physically fit — it requires effort. But the reward is awesome! Everyone has to face stresses and demands, but we all need and deserve breaks. Don't be afraid to ask for help or seek advice from a professional — give your mental health the attention it needs and deserves.

Positive ways of coping with stress include:

- Nourish your body with healthy food & quality sleep
- Be physically active every day in your favourite way
- Take time to stretch, do yoga, breathe, laugh, draw, dance or play music
- Talk with family, friends or other people you trust

**May 6-12 2019 is Men al Heal Week. kidsmen al heal .ca**

**#Ge Loud about w a men al heal eally is.**



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