

WORLD MENTAL HEALTH DAY

OCTOBER 10, 2022

Make mental health & well-being for all a global priority



World Health Organization

Doing What Matters in Times of Stress

An Illustrated Guide is a stress management guide for coping with adversity.

THE ABC CAMPAIGN FOR GOOD MENTAL HEALTH

- Do something to keep physically, socially, spiritually and cognitively active (Act).
- Do something with someone to keep connected to friends, family and community (Belong).
- Do something meaningful, important and valuable to provide a sense of purpose (Commit).

abc

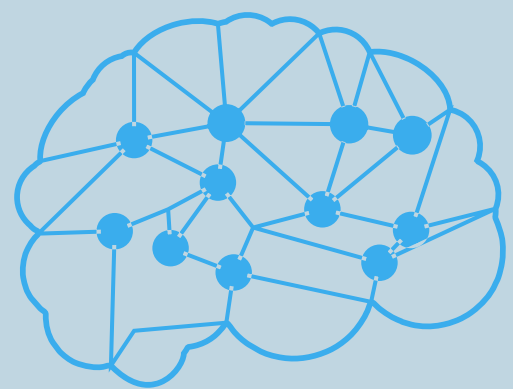


BE MINDFUL

- Mindful Wakeup: Start with a purpose
- Mindful Eating: Enjoy every mouthful
- Mindful Pause: Rewire your brain
- Mindful Workout: Activate your mind and your muscles
- Mindful Driving: Drive yourself calm, not crazy

HELP GUIDE'S 6 KEYS TO MENTAL HEALTH

- Social Connection
- Staying Active
- Managing Stress
- Brain-Healthy Diet
- Quality Sleep
- Meaning & Purpose



CANADIAN MENTAL HEALTH ASSOCIATION

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