



Maintaining Good Mental Health Through Self-Care

Canadian Mental Health Association | Waterloo Wellington

Land Acknowledgement



About the Presenter

Jessica Schumacher

- Mental Health Promotion & Education Services Team
- Volunteer and Student Coordinator
- safeTALK, Living Life to the Full Trainer, Empathic Strain (CF)

jschumacher@cmhaww.ca





YOU

What we will cover today

01

AWARE

Gain an understanding of mental health and the importance of **self-care**

02

EXPLORE

Review **self-care**, coping, and how they differ

03

ACT

Learn strategies and tools to practice **self-care** in your day-to-day life

Personal Check List

- ☒ Did you eat?
- ☒ Did you sleep?
- ☒ How is the space around you?
- ☒ Is your to-do list too long?
- ☒ Did you drink water?
- ☒ Did you shower?
- ☒ Did you go out?
- ☒ Have you talked to someone?



POLL

MENTAL HEALTH

100%

Everyone has mental health. It isn't just a certain type of person or population; everyone here has mental health .

Just like having a body means you have physical health, having a brain means you have mental health.

Stress is less about the
event itself and more
about how we **react** to it

Stress

WHERE DOES IT COME FROM?

External Stressors

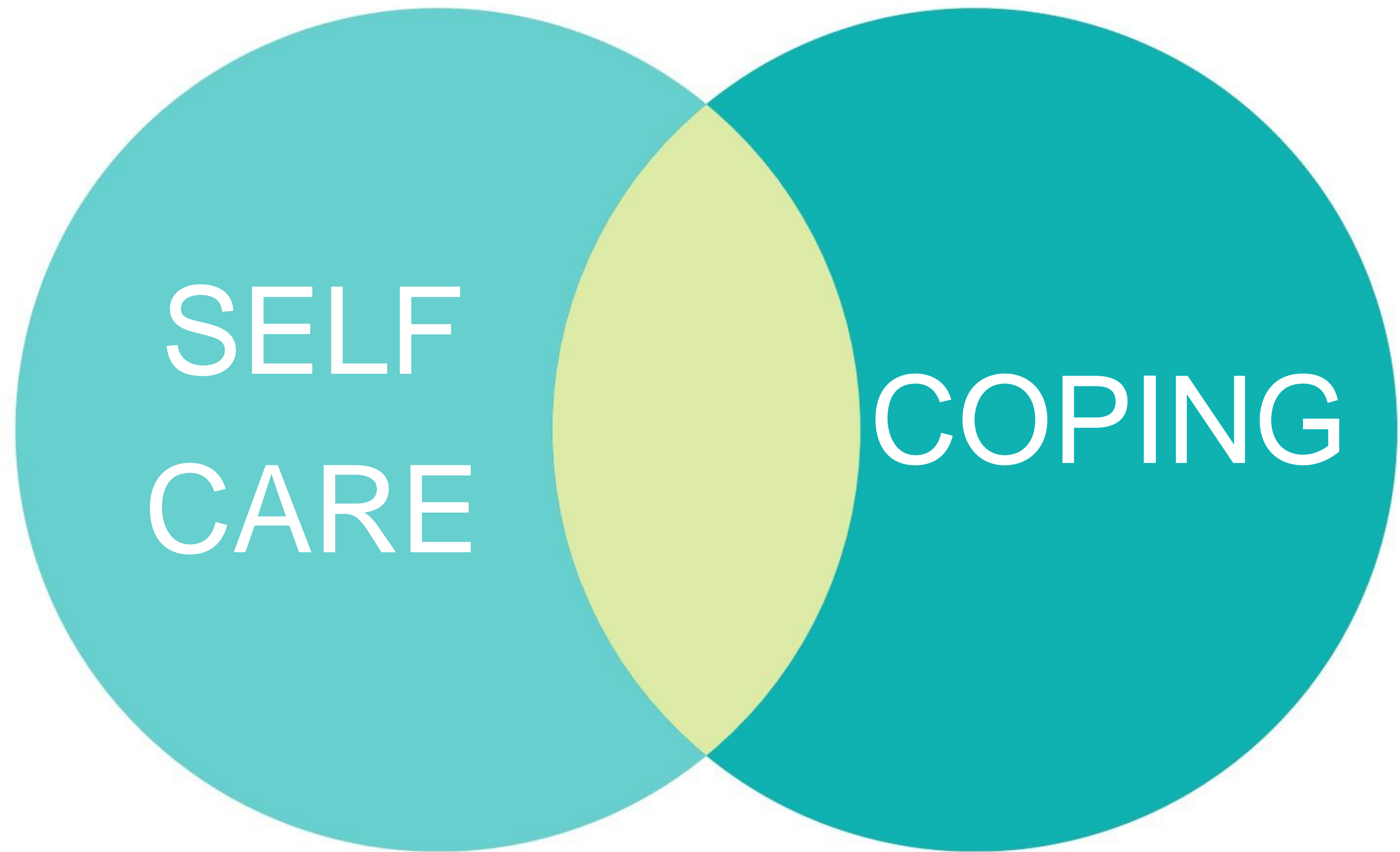
- Physical Environment
- Social Interaction
- Organizational
- Major Life Events
- Daily Hassles

Internal Stressors

- Lifestyle Choices
- Negative Self-Talk
- Mind Traps
- Personality Traits
- Beliefs



POLL



SELF
CARE

COPING

Less Effective

COPING STRATEGIES

01

Drugs or alcohol
abuse and misuse

02

Isolation

03

Risk taking

04

Lashing out

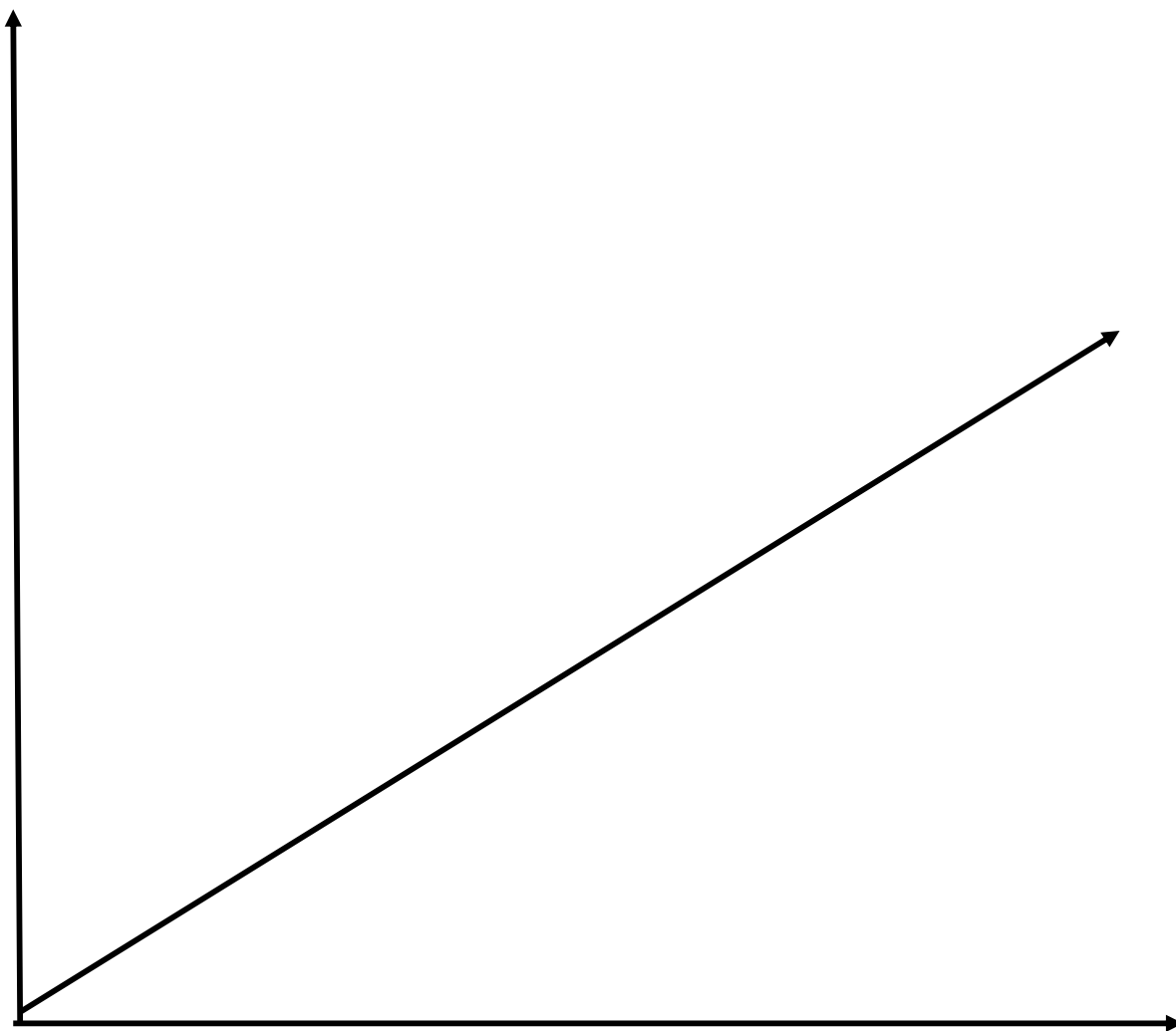
05

Poor eating habits

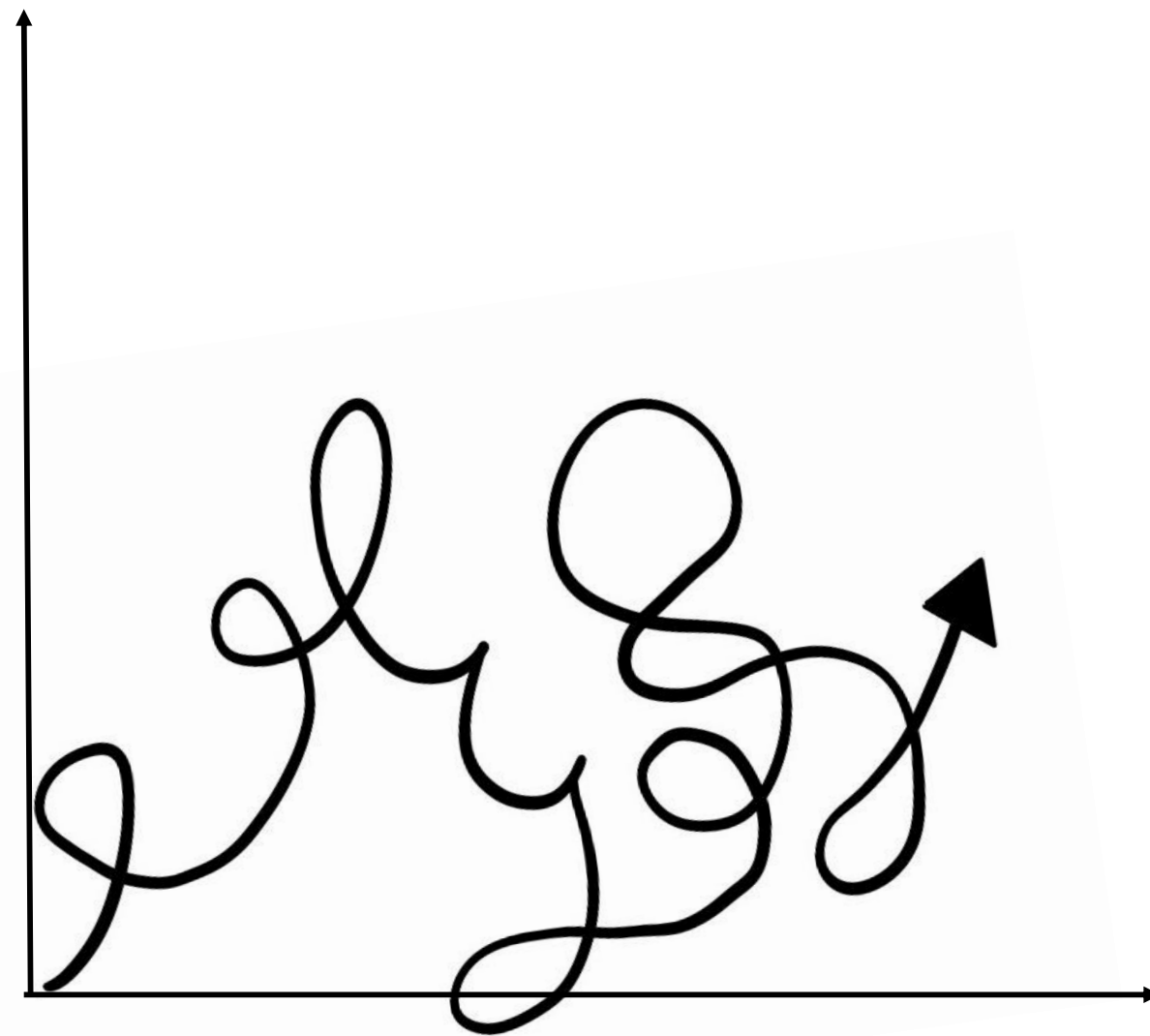
06

Self-harm

Life:



What I planned



What happened

Why do we need to practice **self-care?**

01

Our well-being is important no matter the circumstance or state of the world.

02

Self-care helps us manage stress better and allows us to be more productive. Taking care of ourselves helps us keep a good balance in life.

**“We are not all in the same boat
but definitely in the same storm.”**

Diana Tikasz – Tend Academy

Maintain a Sense of Control



01

BE PROACTIVE IN TAKING CARE OF
YOURSELF

02

MAKE CHOICES THAT SUPPORT YOUR
NEEDS

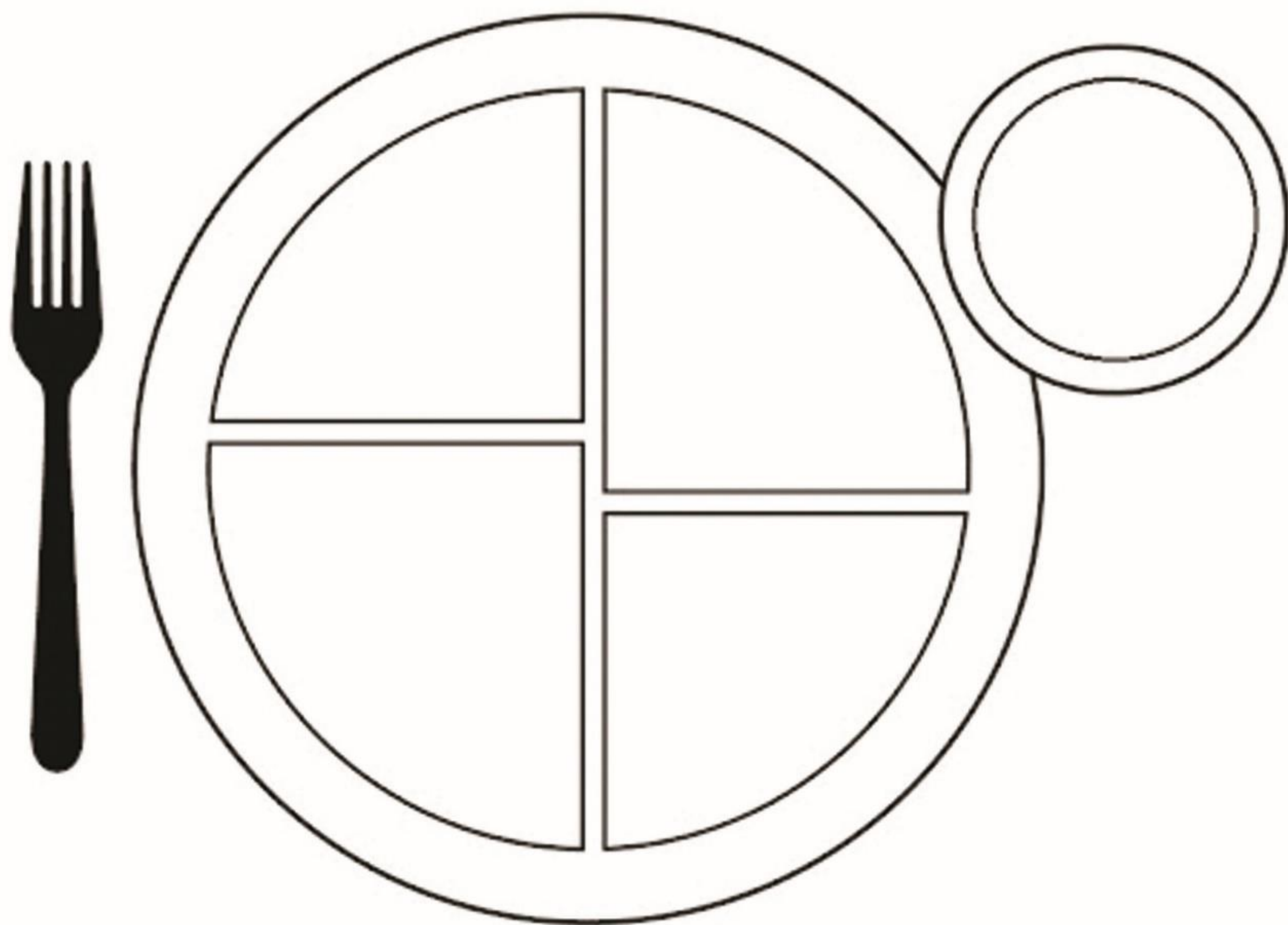
03

FIND WAYS TO PREPARE YOURSELF FOR
THE UNKNOWN

04

BE AWARE OF WHAT YOU CAN AND
CAN'T CONTROL





“

Taking care of myself
doesn't mean **'me first'**.
It means **'me too'**.

- L.R. Knost

”

Seven Pillars of Self-Care

Knowledge
& Health
Literacy

Mental
Wellbeing

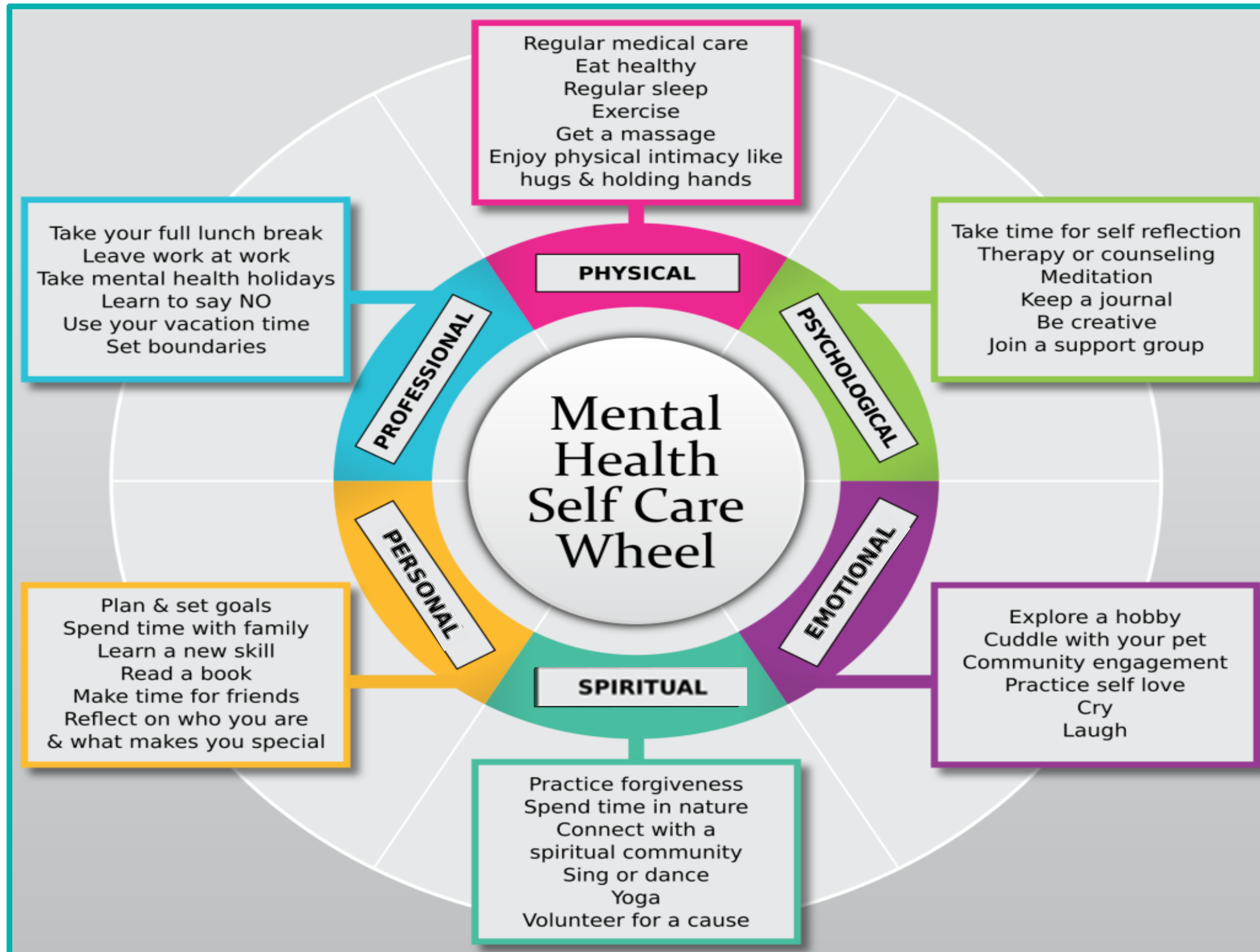
Physical
Activity

Healthy
Eating

Risk
Avoidance

Good
Hygiene

Rational
Use of
Products
&
Services



Areas of Self-Care

Mental

Tending to your mind by practicing mindfulness and learning continuously

Emotional

Staying in touch or fully engaging with your emotions

Physical

Tending to your physical body by keeping it healthy

Social

Staying connected with family and friends





Mental Self-Care

TAKING CARE OF YOUR MIND

01

Set a routine. Schedule time for yourself, work, appointments.

02

Take breaks during the day.

03

Practice mindfulness and take time for mentally-relaxing activities as well as activities that stimulate your creativity.



Emotional Self-Care

01

Acknowledge your feelings and know that they are valid. Write them down in a journal or share them with someone

02

Practice gratitude. Think of at least three things you are thankful for every day.

Physical Self-Care



Get enough sleep

Keep a bedtime schedule to give your body the rest it needs to recover.



Eat well and eat healthy

Nourish your body with healthy food and keep yourself hydrated.

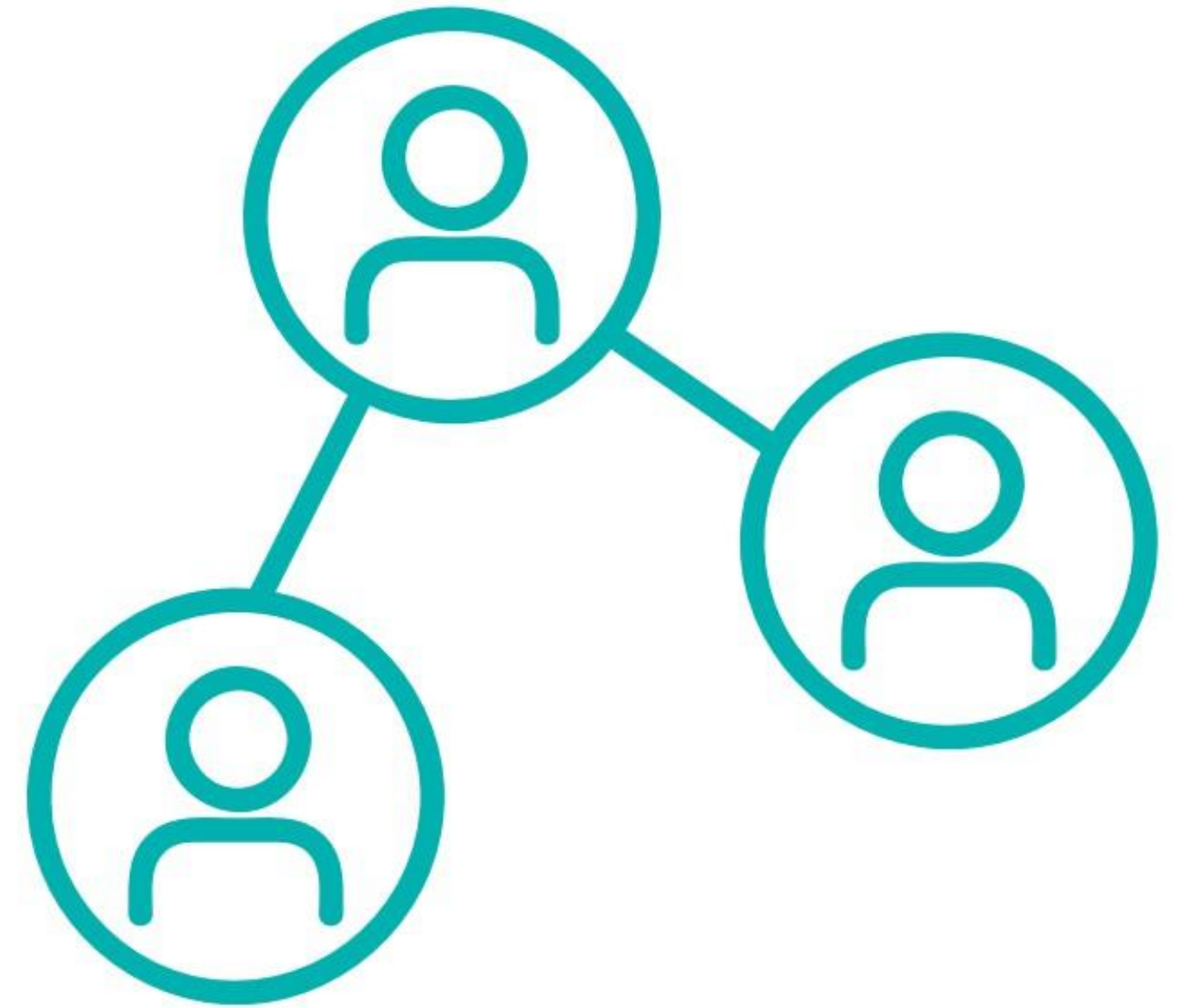


Exercise regularly

Set aside at least 30 minutes a day to workout or to simply move your body.

Social Self-Care

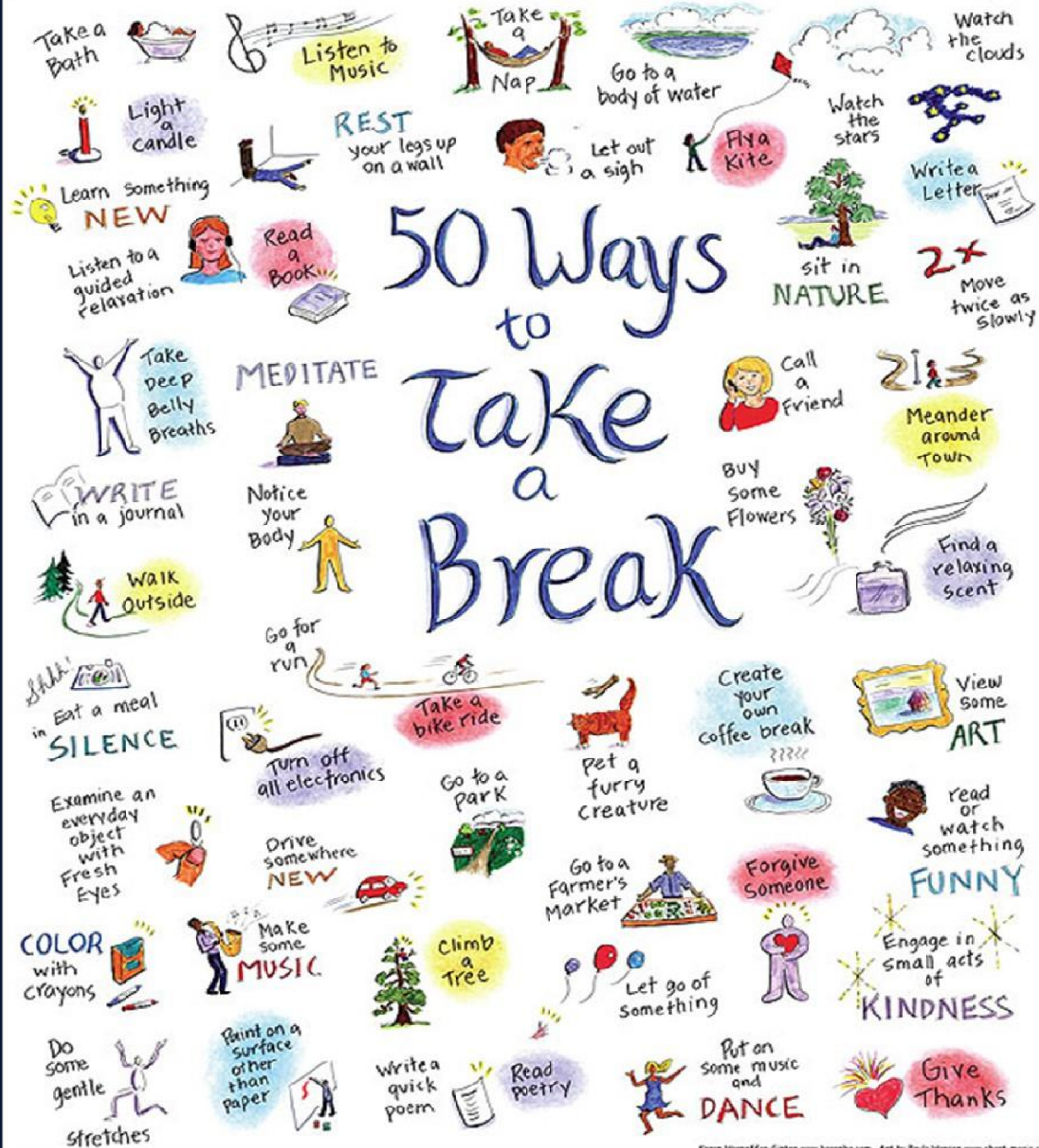
- 01 Maintain connections with other people
- 02 Reach out to someone every day. Call or message a family member or friend just to check in.





Self-care practices can look different for everyone.

For some it can mean staying still while for some it can mean being active. The main idea is to engage in an activity that recharges or energizes you.



"True self-care is not salt baths
and chocolate cake. It is
making the
choice to build a life you don't
need to regularly escape from"

- Brianna Weist





POLL



1 844 437 3247
(HERE247)

Call anytime to access
Addictions, Mental Health
& Crisis Services

Waterloo-Wellington



COVID-19: HERE4HELP

- **Here4Help.ca**
- Resources, information, and guidance to support mental health as we navigate this new and temporary normal
- Sections specific to children, youth, parents, and guardians, adults, seniors and caregivers, employees and employers, and healthcare workers.

 **BounceBack**®
reclaim your health

A free program to help
you tackle depression
and anxiety.

bouncebackontario.ca
1.866.345.0224





- **Free**, guided, self-help program, grounded in cognitive behavioural therapy (CBT) to help **adults and youth 15+** learn skills to better manage low mood, mild to moderate depression and anxiety, stress or worry
- Offers two forms of support:
 1. **Telephone coaching using skill-building workbooks** (referral needed by a primary care provider or self-referral with primary care information)
 2. **Online videos** provide practical tips at: bouncebackvideo.ca (access code: [bbtodayon](https://bbtodayon.com)) (no referral needed)
- Participants are contacted within **5 business days** of referral being submitted
- Telephone coaching available in **multiple languages**
- **No travelling required.** Participants receive support in the comfort of their home at a time that's convenient for them

For more information, visit: bouncebackontario.ca.

If you're a healthcare professional seeking resources, email:

bounceback@ontario.cmha.ca



Helpful Apps

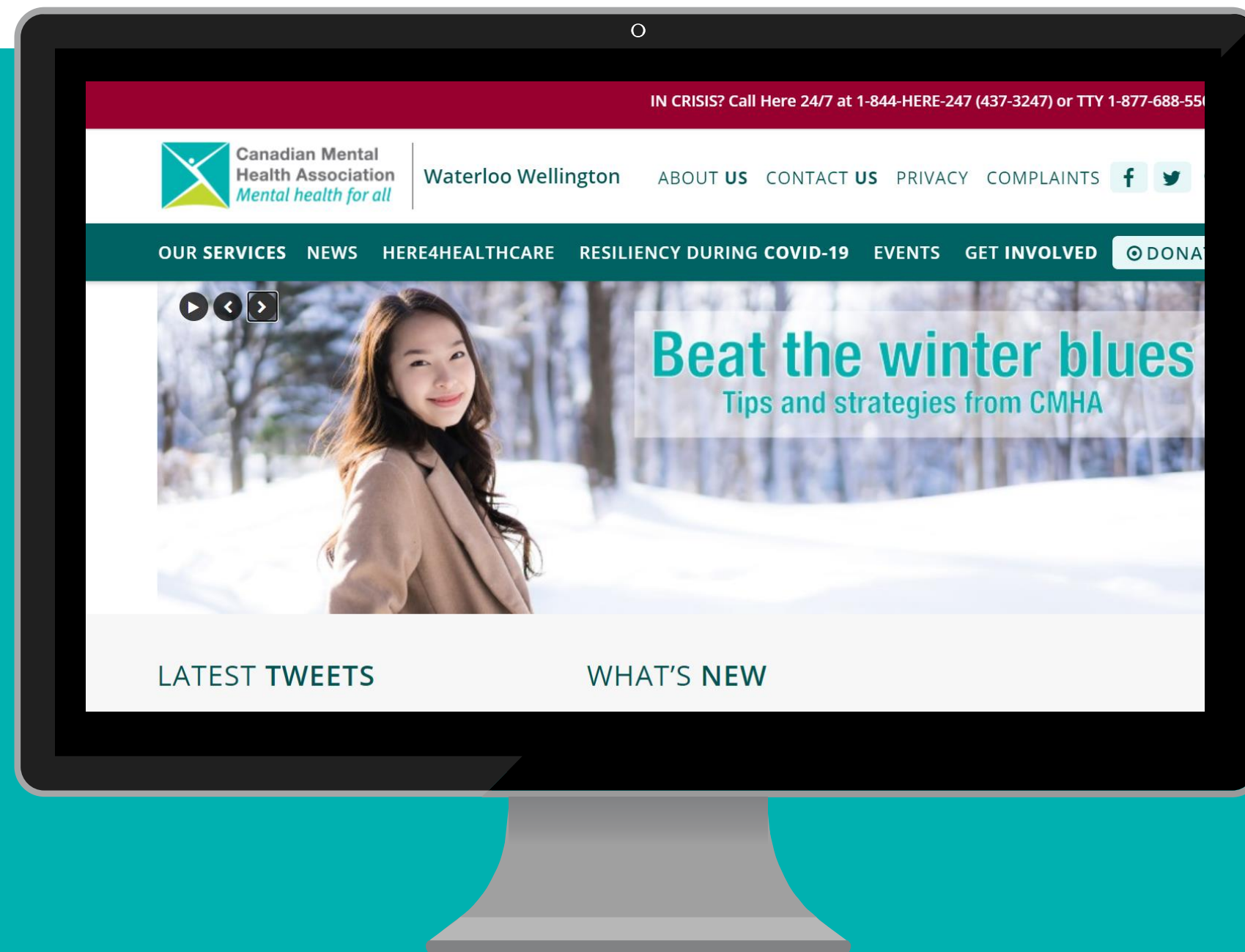


- Calm
- Insight Timer
- Down Dog
- Headspace
- Mindshift
- Stop. Breathe. Think.
- Breethe meditation
- Gratitude Journal 365
- 10% Happier

Other Websites



- camh.net
- wrspsc.ca
- mentalhealthhelpline.ca
- mentalhealthcommission.ca
- 211Ontario.ca
- ccohs.ca
- www.isfglobal.org
- Wellness Together Canada | Home (portal.gs)



Visit us online
cmhaww.ca/events

Promoting Wellness at Work

To book a training or webinar on topics related to mental health for your organization or place of work, including Mental Health in the Workplace, or for consultation on implementing Psychological Health and Safety in the Workplace Standards contact:

education@cmhaww.ca

If you have questions for me around the information presented today please contact me directly at:

jschumacher@cmhaww.ca





All content included in these slides is the property of
CMHA Waterloo Wellington.

Do not copy or distribute without permission.

Slides are not intended as a standalone resource,
but a compliment to CMHA Trainer led education sessions.
Contact education@cmhaww.ca with questions or concerns.



**Canadian Mental
Health Association**
Waterloo Wellington

**Association canadienne
pour la santé mentale**
Waterloo Wellington



Keep safe and
always
take care!

Thank you for taking the time for this presentation.