

Positive Mental Health is Affected by Many Things

Including:

- Childhood Experiences
- Personality
- Family Circumstances
- Community Life
- School, Work and Money

Look After Your Mental Health

- Stay connected
- Do something you enjoy everyday
- Help others
- Get enough sleep
- Eat well and be active

Where Can I Get More Information?

Health Promotion Division
Eastern Health
St. John's 752-4912
Harbour Grace 945-6541



Content Adapted from
Exploring Positive Mental Health (2009)
Canadian Institute for Health Information
www.cihi.ca

Enjoy • Cope • Connect

We hear lots about mental health problems but not so much about **Positive Mental Health!**

Read on to learn more about it.

Positive Mental Health is about:



Enjoying life is about:

- being content with your life
- feeling good about yourself

Managing Feelings is about:

- understanding feelings
- expressing feelings in a healthy way
- knowing that feelings come and go

Coping with life is about:

- knowing there will be good and bad times in life
- being able to enjoy the good times
- getting through and bouncing back from the bad times

Social Connections are about:

- belonging to:
 - a family
 - a group of friends
 - a community
- caring about others and having others care about you

Spirituality is about:

- having values or beliefs that give meaning to life
- religion or church for some people
- nature for others

