

LIVING WELL WITH AIMGA

Compiled by AIMGA's Health and Wellness Team

January Volume: Let's Talk Mental Health!

Mental Health Tips



Educate Yourself

Everyone has mental health (whether it is poor or excellent). Mental health is a positive concept and relates to our ability to enjoy life and to manage it in ways that help us reach our goals and cope with stressors.

Mental health is not the same thing as mental illness. Someone without a mental illness isn't necessarily mentally healthy, and someone with a mental illness might actually have really positive mental health.

Recognize Stress

Seek help from your doctor if you are experiencing any of the following: poor sleep patterns, anxiety, depression, panic attacks, lack of concentration, withdrawal or lack of enjoyment from normal activities, declining work performance, etc.

Take Care of Yourself

You may have heard the saying "put on your own oxygen mask first before helping someone else." This is the case for self care and prioritizing your mental health...stay in tune with your body and take time for yourself! Do the things you love, like go for a walk, listen to music, get creative with art, or simply have a nice hot bath to give yourself and your mind a break and time to heal from daily stressors.

Know the Facts

The internet can spread a lot of misinformation, so it is important to know the facts when it comes to mental health. Be sure to look at credible resources and websites online, such as Health Canada, The Centre for Addiction and Mental Health (CAMH), and The Canadian Mental Health Association (CMHA). If you have further questions about local supports, you can reach out to the following contacts:

Wellness Together Canada: 1-866-585-0445

Kids Help Phone: 1 (800) 668-6868

Distress Centre (Calgary & area): (403) 266-4357

Alberta Mental Health Help Line: 1 (877) 303-2642

First Nations & Inuit Hope for Wellness Help

Line: 1 (855) 242-3310

End the Negative Stigma

by breaking the silence, being kind to others, and listening with empathy.

"I've noticed you've been down lately. Is everything okay?"

"I'm sorry you aren't feeling well".

"How can I help? I am here for you."



Know Your Supports

There are many organizations that provide free or low-cost, virtual mental health supports for Canadians, including Wellness Together Canada, CMHA and Kids Help Phone.



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January Volume: Reminders

Vaccines & Boosters

Flu Shots and Covid Boosters

- Have you got your flu shot this season? If not, call your local pharmacy, or your family doctor, or dial 811 to make an appointment.
- COVID-19 vaccines and boosters play a key role in keeping your children safe at school and in the community. Contact your physician to see when you and your children are due for another dose.



Bell Let's Talk Day

This year, **Bell Let's Talk Day** falls on January 25th, 2023. On this day, people around the world come together to help create positive change for people struggling with their mental health. However, just because we use this day to raise awareness doesn't mean it's the only time we should focus on our mental health – in fact, the whole message of the campaign is that we should be more open, every day. Gearing up for Bell Let's Talk Day at the end of the month, we encourage everyone to take action and share with AIMGA what you do to take care of your mental health. Check out the full newsletter for more information.

DID YOU KNOW?

AIMGA experts are available to speak to your organization on this topic. Book your presentation today by emailing drew@aimga.ca

For more information, check out the full version of the "Living Well With AIMGA" Newsletter by scanning the QR code below with your phone!

