



Association of Psychologists
of Nova Scotia

10 Tips for Mental Health

- 1 **Build confidence identify your abilities and weaknesses, accept them, build upon them and do the best with what you have.**
- 2 **Eat right. Keep fit a balanced diet, exercise and rest can help you reduce stress and enjoy life.**
- 3 **Make time for family & friends these relationships need to be nurtured; if taken for granted they will not be there to share life's joys and sorrows**
- 4 **Give and accept support friends and family relationships thrive when they are "put to the test."**
- 5 **Create a meaningful budget financial problems cause stress; over spending on our "wants" instead of our "needs" is often the culprit.**
- 6 **Volunteer being involved in community gives a sense of purpose and satisfaction that paid work cannot.**
- 7 **Manage stress we all have stressors in our lives but learning how to deal with them when they threaten to overwhelm us will maintain our mental health**
- 8 **Find strength in numbers sharing a problem with others who had had similar experiences may help you find a solution and will make you feel less isolated.**
- 9 **Identify and deal with moods we all need to find safe and constructive ways to express our feelings of anger, sadness, joy and fear.**
- 10 **Learn to be at peace with yourself get to know who you are, what makes you happy; learn to balance what you can.**

Visit us online www.apns.ca



STRESS TIPS FOR MLAS

- ✦ **Identify your problems** Once you are fairly sure you know what the problem is, you can do something about it.
- ✦ **Solve your problems** Start thinking about solutions. This long-term way of reducing stress is something everyone, sooner or later, must do.
- ✦ **Talk about your problems** You may find it helpful to talk about your stress. If you need to talk with someone outside your own circle of friends and relatives, your family doctor may be able to refer you to a mental health counselor. (Talking to the media about your problems is usually ill-advised!)
- ✦ **Learn about stress management**
There are counselors who specialize in stress; ask your family doctor for a referral.
- ✦ **Reduce tension** Physical activity can be a great stress reducer; Go for a walk, take up a sport, dig in the garden, clean the house. You may find it helpful to lean some relaxation exercises. These can be as simple as deep breathing or stretching.
- ✦ **Take your mind off problems** You may be able to get rid of stressful feelings temporarily by getting busy. If you get involved in hobbies, sports or work, you can give yourself a mental holiday from your stress.

Talk to Someone who can Help ... Talk to a Psychologist.

