



Mind Your Health

Mental Health Week, May 5-11, 2014

Mental Health Week is acknowledged throughout the world, typically during the month of May. Every year there are different themes. Women's mental health, youth and anxiety disorders, mental health and addictions are some of the themes that are the focus of attention this year.

Our Mental Health Week "Tag Line" is "Mind Your Health."

Minding our health is important to each and every one of us.

Mental health includes the interconnected components of mind- body- spirit.

It is important to remember that in spite of each of our individual circumstances, even if we are struggling with life challenges, major illnesses and/or mental illness we can all live to our fullest potential. Living to our fullest potential also requires environments that support our well-being.

Mental health is influenced by a number of interrelated factors, often referred to as determinants of health. This can include income, education, where you live, chronic illnesses, relationships with family and friends, work and home environment. A history of trauma or stress can also contribute to how able we are to cope with what life brings us.

Mental health is also closely linked to physical well being. On-going stress, mental illness and isolation can negatively affect our physical health. And our physical health can affect our mental wellbeing. Some diseases in fact are linked to poorer mental health.

This year during Mental Health Week we invite you to reflect on your mental health - how are you minding your health?

- ✓ Do you enjoy life?
- ✓ Are you able to deal with the challenges that life provides?
- ✓ Do you have emotional and spiritual well being?
- ✓ Do you have positive and meaningful social connections?

There are ways we can all invest in positive mental health. This can include: collecting positive memories, finding and doing things that nourish our selves, taking time for friends and family, volunteering, dealing with things that are bothersome, learning new ways to cope and doing the best with what you have. Ask for help if you need it. Take some time to do the quiz on the following page and have a look at some of the links to resources we have included on the last page.

Quiz time!!!

Please take some time to take this short quiz to measure your mental health. The survey can help to reflect on the different parts of mental health and well-being and may clarify areas in their life that may need more attention. By considering the areas with a lower score, the survey can help to focus on lifestyle changes or specific strategies to help enhance or bolster that particular area of mental health.

How Mentally Healthy Are You?

The following questionnaire is a tool used to measure mental health. The questions ask you to consider how you have felt about yourself in the last month. Take a few minutes to complete the questionnaire by circling the number that best corresponds to your answer.

During the past month, how often did you feel...

	Never	Once or Twice	About Once a Week	About 2-3 Times a Week	Almost Everyday	Everyday
1. Happy	0	1	2	3	4	5
2. Interested	0	1	2	3	4	5
3. Satisfied	0	1	2	3	4	5
4. That you had something important to contribute to society	0	1	2	3	4	5
5. That you belonged to a community (like a social group or your neighbourhood)	0	1	2	3	4	5
6. That our society is becoming a better place for people like you	0	1	2	3	4	5
7. That people are basically good	0	1	2	3	4	5
8. That the way our society works makes sense to you	0	1	2	3	4	5
9. That you liked most parts of your personality	0	1	2	3	4	5
10. Good at managing the responsibilities of your daily life	0	1	2	3	4	5

11. That you had warm and trusting relationships with other adults	0	1	2	3	4	5
12. That you had experiences that challenge you to grow and become a better person	0	1	2	3	4	5
13. Confident to think or express your own ideas and opinions	0	1	2	3	4	5
14. That you life has a sense of direction or meaning to it	0	1	2	3	4	5

(Keyes et al, 2008)

Scoring:

Keep in mind that self-report surveys like the one above are a person's own self-assessment. Results are likely to change over time and also vary depending on a person's circumstances and situation in life at the time of completion.

If you chose "4" or "5" on at least one item shaded blue (items 1-3) and on 6 or more of the items shaded yellow (items 4-14), you have **flourishing** mental health. Doing Great!

If you chose "0" or "1" on at least one item shaded blue (items 1-3) and on 6 or more of the items shaded yellow (items 4-14), you have **languishing** mental health. Need some attention!!

If you do not fit into the flourishing or languishing category, it means you have **moderate** mental health.

Flourishing individuals are happy, interested or satisfied with life most of the time, are functioning well socially and feel good about who they are and their relationships.

Moderately Mentally Healthy individuals sometimes experience positive emotions towards their lives and feel interested in life but could experience more happiness, interest and satisfaction in life. They sometimes function well socially and feel good about who they are and their relationships.

Languishing individuals seldom feel happy, interested or satisfied with life and have difficulty functioning socially. Languishing individuals often feel "stuck" or "empty". They often do not feel good about who they are or their relationships.

Resources

- The Towards Flourishing project has worked with Debreuil Digitalworks to create a Mental Health Promotion animated video. Please take a few minutes to watch this short video. It is fabulous! <http://www.youtube.com/watch?v=gDGyaqsu1Pw>
- www.postpartum.org
- www.ppdmanitoba.ca
- Postpartum warm line (204) 391-5983, 9 am-3pm 7 days a week
- For more information on how to maintain your mental health and to find Mental Health Week events in your community go to www.mentalhealthweek.ca.
- Click on the link below to watch this 4-minute video to learn about signs, symptoms and research on depression. Shortcut to: <http://www.nimh.nih.gov/health/topics/depression/index.shtml>
- Mental health and Wellness: http://www.ontario.cmha.ca/about_mental_health.asp?CID=23053
- National Aboriginal Health Organization: www.naho.ca
- Aboriginal health services, provincial <http://www.wrha.mb.ca/aboriginalhealth/services/files/MentalHealthGuide.pdf>
- National <http://www.hc-sc.gc.ca/fniah-spnia/promotion/mental/index-eng.php>
- www.teenmentalhealth.com
- www.teentalk.ca
- www.klinic.ca
- www.kidshelpphone.ca
- <http://www.anxietybc.com/introducing-anxietybcs-new-website>
- older persons : www.baycrest.org/educate.ca
- Interlake- Eastern Crisis Services : 204-866-427-8628 (toll free) or 1-204-482-5419



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