

Take control of your mental wellness

We are all the managers of our own health. It's good to remind ourselves of the things that are in our control and things that aren't.

What's in my control



My thoughts and actions.



My behaviour



How I treat others



How I take care of myself – eat healthy, get lots of sleep, exercise.



Things I do such as hobbies and interests

What's out of my control



What others are doing around me.



Opinions of those around me



Unforeseen events – such as COVID-19



Other people's feelings



The weather

If you need help, call the Mental Health Helpline at 1-877-303-2642