

Prescription for Mental Health and Wellness:

There are many different parts to mental wellness. This “prescription for mental health” will help give you a guide for strategies and activities you can do to improve your mental wellness and overall well-being. Follow the chosen activities and check in with your health care team by the suggested times.



Name:

Date:

Follow Up with:	At:	Date (if applicable):

Mind

Daydream : Close your eyes and imagine yourself in a dream location. Breathe slowly and deeply. Whether it’s a beach, a mountaintop, a hushed forest or a favourite room from your past, let the comforting environment wrap you in a sensation of peace and tranquility.

Learn ways to cope with negative thoughts: Negative thoughts can be insistent and loud. Learn to interrupt them. Don’t try to block them (that never works), but don’t let them take over. Try distracting yourself or comforting yourself, if you can’t solve the problem right away.

Do one thing at a time: For example, when you are out for a walk or spending time with friends, turn off your cell phone and stop making that mental “to do” list. Take in all the sights, sounds and smells you encounter.

Set personal goals: Goals don’t have to be ambitious. You might decide to finish that book you started three years ago; to take a walk around the block every day; to learn to knit or play bridge; to call your friends instead of waiting for the phone to ring. Whatever goal you set, reaching it will build confidence and a sense of satisfaction.

Body

Treat yourself well: Cook yourself a good meal. Have a bubble bath. See a movie. Call a friend or relative you haven’t talked to in ages. Sit on a park bench and breathe in the fragrance of flowers and grass. Whatever it is, do it just for you.

Exercise: Regular physical activity improves psychological well-being and can reduce depression and anxiety. Joining an exercise group or a gym can also reduce loneliness, since it connects you with a new set of people sharing a common goal.

Soul

“Collect” positive emotional moments: Make it a point to recall times when you have experienced pleasure, comfort, tenderness, confidence, or other positive emotions.

Keep a journal: Expressing yourself after a stressful day can help you gain perspective, release tension and even boost your body’s resistance to illness.

Share humour: Life often gets too serious, so when you hear or see something that makes you smile or laugh, share it with someone you know. A little humour can go a long way to keeping us mentally fit!

Volunteer: Volunteering is called the “win-win” activity because helping others makes us feel good about ourselves. At the same time, it widens our social network, provides us with new learning experiences and can bring balance to our lives.

Building Your Team:

Talk with supportive friends and family. Share your feelings with them and let them be a part of your team.

Talk to your family doctor. They are a great resource and can link you to other professionals, if needed.

Connect with community mental health clinics or organizations like the Canadian Mental Health Association (CMHA) for information, support, and services.

Call a help line. Some organizations may offer support online or through text messaging.

Learn more about mental health. You can find useful books, websites, and other resources through credible agencies (e.g. provincial government).

Connect with others who have experience with a mental illness and learn more about their recovery journey.

Attend workshops and education sessions hosted in your community.

Talk with a member or leader you trust from your faith or cultural group.

24/7 Mental Health Resources:

<p>Mental Health Crisis Line (All ages)</p> <p>705-728-5044</p>	<p>Walk-In Counselling (Ages 12 and up)</p> <p>No appointment necessary</p> <p>Locations throughout North Simcoe Muskoka, visit:</p> <p>www.cfssc.ca/walk-in-counselling</p>	<p>Kids Help Phone (up to age 18)</p> <p>1-800-668-6868</p>
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Clinician’s Signature

Date: