

ELEMENTS OF Mental Wellness



Essential mental activities
to promote wellness



SLEEP



PLAY

RELAX



REFLECT

CONNECT



STAY ACTIVE



FOCUS



EAT WELL



CONTRIBUTE



ELEMENTS OF Mental Wellness

By practising The Elements of Mental Wellness, you will contribute to your mental well being. The activities you choose will be unique to you but most importantly do something every day.

Take care of yourself physically by getting adequate **SLEEP, EATING WELL, and STAYING ACTIVE.**

PLAY and enjoy experimenting with life.

FOCUS and concentrate on doing something well.

RELAX and let your mind wander.

REFLECT about yourself in a non-judgemental way.

Maintain and nurture your **CONNECTIONS.**

CONTRIBUTE and feel a sense of purpose, by raising a family, working, or volunteering.

Remember, when you do an activity, you may cover more than one of the elements.

Examples:

- Going for a walk in the park with someone means you are being active and connecting.
- A nutritious picnic at the lake with your kids means you are contributing to their well being and eating well. Add building sandcastles to that and you are playing, add cloud watching to that and you are relaxing.
- A productive day at work means you have been focusing and contributing, and if you work with others, you are connecting.

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