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THRIVING EVERYDAY

Everyone wants to feel healthy and well every day. Being healthy involves more than our physical health, it includes our mental health as well. And being mentally healthy everyday means more than not having a mental illness. Mental health and well-being is made up of our social and emotional health which is linked to our physical and spiritual health. So it's all of these things together that play a role in being mentally healthy and thriving every day.

When we are struggling, for example, when we are feeling overwhelmed with stress or dealing with anxiety or depression, it disrupts our ability to enjoy life or go about our day with things at home, school and work.

Taking time to think about and care for your mental well-being is very important. How can you take good care of your mental well-being? There are a wide variety of things that strengthen our mental health and help us to deal with challenges we face, to thrive and be our best possible self.

THE KEY INGREDIENTS OF POSITIVE MENTAL WELL-BEING INCLUDE: BEING ABLE TO SOLVE PROBLEMS EFFECTIVELY, MEANINGFUL RELATIONSHIPS, HAVING A POSITIVE OUTLOOK, HANDLING EMOTIONS, INVOLVEMENT IN MEANINGFUL ACTIVITIES AND BEING PHYSICALLY ACTIVE.

Sometimes staying mentally fit is a balancing act. When we notice that things are not in balance, such as when we feel overwhelmed, discouraged or fatigued, there are a variety of strategies that can help us feel better and get us back on track. If the struggles persist for more than a few weeks, it's time to check with your healthcare provider. They can rule out any underlying physical causes and recommend a treatment plan.

USE ONE OR MORE OF THE FOLLOWING STRATEGIES ON A REGULAR BASIS TO STRENGTHEN YOUR MENTAL HEALTH AND WELL-BEING

- Move your body: go for a walk, run, stretch, laugh, sing
- Nourish your brain: eat vegetables, fruits, whole grains, proteins and healthy fats
- Sleep and rest: nap, improve your night's sleep, take self-care breaks
- Problem-solve: get at the root cause of stress and take action
- Connect: reach out to others for support and understanding
- Find meaning: do something you love, help someone else

UNDERSTANDING ANXIETY

One of the most common mental health concerns is anxiety. Everyone feels anxious from time to time and for different reasons. Certain things can make us feel more anxious than usual like extra stress, lack of sleep, poor nutrition and sometimes we are just wired to become anxious more easily than others.

Anxiety can affect us through physical sensations, thoughts, and actions. Not all anxiety is a problem but if you or your child feel that anxiety is frequently distressing and is getting in the way of enjoying life, then it's time to find some helpful strategies or talk to your healthcare provider.



FACT: Learning how anxiety affects your body and mind and understanding these reactions can bring down the intensity and give some immediate relief

FACT: By learning and using simple coping strategies when feeling anxious, children and adults will feel more confident in dealing with anxious feelings and sensations when they happen

FACT: Overcoming and coping with anxiety builds resilience and helps us to face fears! These skills will be helpful in many life situations

TIP: WHEN WE ARE ANXIOUS OUR BREATHING BECOMES QUICK AND SHALLOW, WHICH MAKES SYMPTOMS OF ANXIETY WORSE. CALM BREATHING CAN DECREASE PHYSICAL SYMPTOMS, AND REDUCE ANXIOUS FEELINGS AND WORRY THOUGHTS. AS THE PACE OF BREATHING SLOWS, THIS ALLOWS US TO FEEL BETTER ABLE TO COPE WITH WHAT IS HAPPENING. VISIT [HTTP://WWW.ANXIETYBC.COM/PARENTING/TOOLS/LEARNING-RELAX-CALM-BREATHING](http://www.anxietybc.com/parenting/tools/learning-relax-calm-breathing) FOR FULL INSTRUCTIONS OR VISIT THE ANXIETY DISORDERS ASSOCIATION OF MANITOBA (ADAM) FOR MORE INFORMATION AND LOCAL RESOURCES: [HTTP://WWW.ADAM.MB.CA/CHILDREN-AND-ADOLESCENTS](http://www.adam.mb.ca/children-and-adolescents)



Winnipeg Regional
Health Authority
Caring for Health

Office régional de la
santé de Winnipeg
À l'écoute de notre santé



Lorna Shaw-Hoeppner RD, Public Health Dietitian

FOOD AND MOOD: BEATING THE 'HANGRY'S'

HANGRY (HAN-GREE) ADJ.:
A STATE OF ANGER CAUSED BY LACK OF FOOD

Did you know that feeding your body well can promote good mental health and well-being? Research suggests the brain is impacted in the short and long term by the food choices you make. Nourish your body, mind and soul.

Eat regular meals to keep your blood sugar level stable. Missing meals can cause your blood sugar level to dip, leading to irritability, fatigue and issues with concentration and memory.

Healthy carbohydrates such as whole grains, vegetables and fruits, digest slowly and cause a gradual rise in blood sugar. Refined carbs like white bread and high sugar foods like pop digest quickly. This causes a spike in blood sugar followed by a quick drop which can leave you feeling hungry and irritable.

Include healthy proteins such as lean meats, fish, poultry, legumes, nuts and seeds at all meals. Proteins help stabilize blood sugar and keep you feeling full longer. Tryptophan

(a protein building block) is important for balanced mood, improved memory and mental well-being.

Eat fish at least twice per week. Fatty fish like salmon, trout and mackerel are rich in omega 3 fatty acids. A large percentage of our brain tissue is fat, including omega 3 fats. These fats may decrease the risk of dementia, Alzheimer's and depression.

Keep your body and brain hydrated. Our brains are about 75% water so it is no surprise that slight dehydration can cause irritability and reduce our cognitive function. Water and milk are the healthiest choices. Limit caffeine to 400 mg per day - about 3 cups of coffee. A little caffeine can be a 'wake-up' for the brain, but too much caffeine can make you anxious, nervous and interfere with sleep.

96% OF PEOPLE BELIEVE THAT PARTICIPATING IN THE LEISURE GUIDE PROGRAMS HELPED IMPROVE THEIR QUALITY OF LIFE!

"Nutrition/Food/Cooking" Challenge your inner-chef, check out a food inspired program. Programs include:

- Little Chefs and Super Chefs
- Preschool Funshops Cooking Up a Story
- Ready, Set, Dough!
- Freezer Friendly Meals or Make It and Freeze It
- Heart Healthy Indian Cuisine
- Soups

INCLUDE A VARIETY OF FOODS FROM CANADA'S FOOD GUIDE TO PROVIDE ALL THE NUTRIENTS AND ENERGY YOUR BODY AND BRAIN NEED TO FUNCTION OPTIMALLY AND AVOID THE "HANGRY'S".

nutrition 
it's about balance

FOR MORE INFORMATION ON FOOD AND BRAIN HEALTH OR NUTRITION TIPS AND QUESTIONS,
CALL DIAL-A-DIETITIAN AT 204-788-8248.



RECREATION, MORE THAN JUST FUN AND GAMES

What do you do for fun? For your health? Whether it's dancing, painting, learning a new language, skating or playing an instrument, finding an activity you enjoy can help you cope with stress, connect with friends, develop new skills and feel well.

HERE'S HOW RECREATION CAN CONTRIBUTE TO YOUR MENTAL AND PHYSICAL HEALTH.

In 2014, the City of Winnipeg ran over 10,000 swimming and recreation programs. Try these Leisure Guide programs to help you get moving and combat stress!

		Leisure Guide Programs
Making Memories	Doing activities together can be a great way to connect with family and friends. Activity can bump up the production of your brain's feel-good hormones (endorphins) while building great memories and healthy habits together.	<ul style="list-style-type: none"> - Parent & Child Badminton - Family Pottery - Senior Walk/Run Chat Hour
Building Confidence	Mastering new skills provides a sense of accomplishment and builds self-confidence and boosts self-esteem.	<ul style="list-style-type: none"> - Babysitting for Youth - Painting with Acrylics - Personal Development Workshop - Mother & Daughter Self-Defense
Making Friends	Active play and recreation helps children learn to get along with and get to know others. They learn how to problem solve and make decisions.	<ul style="list-style-type: none"> - Recreational Cheerleading - Judo - Flag Football - Zumba Gold
Pressing Pause	Smile and laugh. Doing something you enjoy can help to recharge your batteries. It can also improve your sleep, which is often disrupted by stress.	<ul style="list-style-type: none"> - Sit, Breath, Think, Write, Be; Meditation - Fun with Feng Shui - Zentangle
Create Opportunities	Volunteer, share your talents and love for recreation with others.	

RECREATION CAN ADD TO THE SENSE OF COMMUNITY. HEALTHY PEOPLE ARE CONNECTED TO THEIR NEIGHBOURS, SHARE THEIR TALENTS, THEIR INTERESTS AND ENGAGE IN THEIR COMMUNITY. PLAN TO TRY SOMETHING NEW. ENJOY THE BENEFITS.

