

Nurse`s Corner (CVR Voice Jan. 2016)

MENTAL HEALTH



Thinking about one's emotional well-being – Assess one's ability to cope with life's demands, unexpected problems and whether one is enjoying life. Consider the particular stresses being faced and their effect on one's life.

Practicing **mental fitness** every day. Suggestions include:

- Daydreaming;
- Learning ways to cope with negative thoughts;
- Exercising (see below);
- Enjoying hobbies;
- Keeping a journal;
- Sharing humour;
- Volunteering and connecting with others; and
- Treating oneself well.

Participating in **regular physical activity**. Exercise stimulates the production of endorphins, chemicals produced in the brain that make one feel good and provide relief from stress and pain. It reduces anxiety and relieves tension, fatigue and anger. Physical exercise helps to counteract both withdrawal and feelings of hopelessness that are associated with depression; it also promotes interaction with other people in a positive environment. Even five minutes of aerobic exercise (such as swimming, walking) can be beneficial.

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