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

ahs.ca/covid