

May

Mental Health
Awareness



WELLNESS TOOLBOX TALK

Brothers and Sisters,

The Atlantic Canada Regional Council recognizes May as Mental Health Awareness Month. Mental Health is an important part of our overall well-being and is sometimes left unattended.

Your health is very important to us and we will be making every effort to provide you with resources to access the help you need.

We have created a Wellness Board on our website at accr.ca dedicated to wellness and self-care.



ATLANTIC CANADA
REGIONAL COUNCIL OF CARPENTERS
MILLWRIGHTS AND ALLIED WORKERS

We also encourage all of our members to take a moment to read the information below provided by Aspiria on self-care.

In Solidarity,

Deb Romero
Executive Secretary Treasurer

SELF CARE

Self-care is a vital aspect of your physical, psychological, and emotional wellbeing. Although it's been used as a buzz word in society, self-care involves taking definitive steps towards ensuring that you are maintaining your optimal mental health at all times, especially when faced with crisis or trauma.

Basic self-care is about knowing what you need to maintain balance in your life. The first steps towards self-care involve adopting healthy habits that will act as the foundation of your physical and emotional wellbeing, both at work and at home. These habits include:

- Eating a balanced diet
- Exercising daily
- Making time for friends and family
- Engaging in hobbies
- Getting adequate rest (7-9 hours per night)
- Moderating caffeine, sugar, processed foods, and alcohol
- Creating an adequate work/life balance
- Meditating or practicing mindfulness techniques

Self-care is also about building your self-esteem, and cultivating a positive attitude towards yourself. Every person is unique. It's important to understand that there is only one "you," and that you have perspectives and qualities that no one else has. In addition, it's also important to recognize your experiences as valid, regardless of how trivial they may seem. Understanding that you are worthy of love and appreciation is one of the most critical elements of self-care, as it helps to stabilize your sense of self. Maintaining a positive outlook on life can help you gain better perspective and tackle challenges with greater ease. Although it can be difficult to always maintain a positive outlook, looking on the bright side can better equip you to deal with some of the more challenging aspects of life. Your reactions are within your control; try to practice finding the positive aspects of the changes that you are going through in your life in order to better take charge of the outcome of your thoughts and actions.