

Mental Health Week is May 3 – 9, 2021.

From May 3-9, #GetReal about how you feel and celebrate the Canadian Mental Health Association's 70th annual Mental Health Week. Good mental health isn't about being happy all the time. In fact, a mentally healthy life includes the full range of human emotions – even the uncomfortable ones like sadness, fear and anger.



The theme of this year's Mental Health Week is understanding our emotions. Recognizing, labeling and accepting our feelings are all part of protecting and promoting good mental health for everyone.

To learn more about #MentalHealthWeek, visit www.mentalhealthweek.ca and check out a virtual Mental Health Week event, such as a free CMHA mental health course at <https://cmha.ca/recovery-college/courses>

CMHA of NB has some great material as well. They are hosting 7 speaker's throughout the week who will share their experiences and knowledge about their journeys! Check it out! [CMHA of NB Mental Health Week Speaker Series \(cmhanb.ca\)](http://cmhanb.ca)

Your EFAP, Homewood Health has a section dedicated to Mental Health. Visit www.homeweb.ca and sign-in to your account to see what they have to offer.

Just remember, YOU are important - be intentional by doing something for yourself during this week that is positive and will contribute to your good mental health.

- take stock of what you are grateful for
- notice the good things in your life
- take a break – a walk, a run, time for you
- go to bed early and get a good nights sleep
- plan healthy eating options
- create some goals that you feel would make you happier
- do a random act of kindness – it will make you feel good and someone else... double the love!

*The list goes on so do what makes you happy... let your heart sing.
Be kind to yourself and others always!*

