



ARA NEWS



May 2023



Happy May!

May is mental health awareness month, so we will be focusing on everything mental health this month!

Tools to keep you grounded, resources to help you manage every day stressors and much more.

According to Health Direct, Good Mental Health is more than just the absence of mental illness. It means you are in a state of wellbeing where you feel good and can function well in the world.

How to know if you have good Mental Health

- ① You can cope with every day stressors
- ② You can work productively
- ③ You can set goals
- ④ You feel optimistic
- ⑤ You are confident when faced with new situations or people
- ⑥ You do not always blame yourself

When you have positive Mental Health, you are able to handle problems and challenges more easily. This is called Resilience

Ways to improve your mental health

- ① Have a healthy relationship with friends, family, life partner
- ② Have a healthy eating pattern
- ③ Physical Activity
- ④ Community Interactions (clubs, sports, gatherings)
- ⑤ Access to supportive Services

RESILIENCE

- ① You have the ability to learn new skills, ideas and concepts
- ② You have the ability to adapt and to change and new situations
- ③ You have healthy self-esteem
- ④ You are confident when handling conflict
- ⑤ You have personal support from family & friends
- ⑥ You have good ways of coping with stress

" Being able to be your true self is one of the strongest components of good Mental Health"

-- Lauren Fogel Mersy

Community Support Activity

Flower planting activity with Lauren

Where? At your residence
When? Friday May 19th

Reserve your spot before
Friday May 12th



ANXIETEA

BodyPositive

Community Support Coordinator
(506) 866-8558
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May's Feel Good Song

If I were a fish (feat. Olivia Barton)
Corook, Olivia Barton

