

phine

~ *definition (adjective)*

Saying you're fine
when you are not.



#phine

CMHA'S 63RD ANNUAL MENTAL HEALTH WEEK

fine or phine?

MAY 5-11 TELL US HOW YOU REALLY FEEL

A BE MIND FULL INITIATIVE

DONATE AT MENTALHEALTHWEEK.CA



Canadian Mental
Health Association
Mental health for all



MAJOR SPONSORS



EVERYDAY TIPS FOR KEEPING MENTALLY HEALTHY

Build a healthy self-esteem - Self-esteem is more than just seeing your good qualities. It is being able to see all your abilities and weaknesses together, accepting them, and doing your best with what you have.

Receive as well as give - We have trouble accepting kindness from others. We often shrug off a compliment with a, "Yes, but..." and put ourselves down.

Create positive parenting and family relationships - Work on building good family relationships. Learn to value each member's skills and abilities. Learn how to give and accept support.

Make friends who count - Friends help you understand that you are not alone. They help you by sharing your ups and downs, and you in turn help them. Together, you and your friends share life's challenges and celebrate life's joys.

Figure out your priorities - Media tries to convince us that we need to purchase an ever-growing list of products and services. Our challenge is to know the difference between our real needs (food, shelter, clothing, transportation) and our wants (bigger TV, the latest fashions, flashy car), and to find the right balance in our spending. Financial problems cause stress, so it's important to avoid overspending.

Learn to manage stress effectively - Stress is a normal part of life. How you deal with it will depend on your attitude. You may become overwhelmed by things that other people deal with easily. Learning to keep a balance among work, family and leisure is difficult and needs skillful management of your time.

Cope with changes that affect you - It would be nice to "live happily ever after," but there will always be challenges in our lives. Dealing with unexpected (and often unwanted) changes can be stressful, so we need to be flexible and learn ways to cope.

Deal with your emotions - We are all challenged to find safe and constructive ways to express and share our feelings of anger, sadness, joy and fear. Your ways of experiencing and expressing emotions are unique because you are unique.

Have a spirituality to call your own - Learn to be at peace with yourself. Get to know who you are: what makes you really happy, what you are really passionate about. Learn to balance what you are able to change about yourself with what you cannot change. Get to know and trust your inner self.

WOMEN'S MENTAL HEALTH

Good mental health is an important part of a woman's overall health. Just as physical fitness helps your body stay strong, mental fitness helps you maintain a state of good mental health. Mental health is more than just the absence of mental illness. It's a state of well-being.

When you are mentally healthy, you enjoy your life and environment, and the people in it. You can be creative, learn, try new things, and take risks. You are able to cope with difficult times.

WOMEN EXPERIENCE MENTAL HEALTH PROBLEMS DIFFERENTLY

Mental health problems and illnesses affect men and women differently and at different stages in life.ⁱ Some disorders are more common in women, and some express themselves with different symptoms.

- Men have higher rates of addiction than women, while women have higher rates of mood and anxiety disorders.ⁱⁱ
- More than 75% of suicides involve men, but women attempt suicide 3 to 4 times more often.ⁱⁱⁱ

Women are at greater risk for developing mental health problems.^{iv} Women are actually 40% more likely than men to develop mental illness.^v Various social factors put women at greater risk of poor mental health than men.

These are often interrelated. For example, women:

- have more caregiving responsibilities;
- have higher rates of poverty; and
- are more likely to suffer domestic violence and abuse^{vi}

Childhood sexual abuse is linked to mental health problems and illnesses later in life for both girls and boys, but girls are more likely to be abused.^{vii}

However, women's readiness to talk about their feelings and their strong social networks can help protect their mental health.

Maintaining your mental health is a lot like staying physically fit: it requires a little effort every day. But the rewards are great!

ⁱSmetanin, P., Stiff, D., Briante, C., Adair, C., Ahmad, S., & Khan, M. (2011). The life and economic impact of major mental illnesses in Canada: 2011 to 2041. RiskAnalytics, on behalf of the Mental Health Commission of Canada.

ⁱⁱStatistics Canada (2013). Canadian Community Health Survey – Mental Health.

ⁱⁱⁱStatistics Canada (2012). Mortality, Summary List of Causes 2009 and Statistics Canada (2012). Suicide Rates, an Overview, 1950 to 2009.

^{iv}"Gender Differences in Mental Health" – Singapore Med J 2007 48(5):385

^vThe Guardian, James Ball, Wednesday May 22, 2013

^{vi}Ad Hoc Working Group on Women, Mental Health, Mental Illness and Addictions. (2006, revised 2008). Women, mental health and mental illness and addiction in Canada: An overview. Winnipeg, MB: Canadian Women's Health Network. Retrieved from www.cwhn.ca/PDF/CWHN%20BackgroundMentalHealthUpdated.pdf

^{vii}World Health Organization. (2002). Gender and mental health. Retrieved from whqlibdoc.who.int/gender/2002/a85573.pdf

^{viii}Perinatal Mood Disorder Awareness Project Ltd. 2014