



Scan for resources:

Do something kind or thoughtful for someone – friend, relative or stranger – TODAY!

Pass it On!

Mental WEALTH is critically important to us and to everyone around us. It affects our quality of life, our ability to obtain financial wealth, and our satisfaction with life as well as the well-being and functioning of our family and community.

- ① the quality of our home, school, workplace, and neighbourhood environments
- ② the experiences we have and what we learn throughout our lives
- ③ our attitudes, beliefs, and values
- ④ our biological make-up (genetic endowment and gene expression)
- ⑤ the efforts we make to build our mental wealth

Mental WEALTH is based on five things:

Mental WEALTH = Positive Mental Health

Mental WEALTH is the total of our mental and emotional resources. It includes our mental capabilities (ex. how efficient and flexible we are at learning and figuring out things) and our emotional capabilities (ex. our feelings, awareness, emotional control, empathy and social skills).

## WHAT IS MENTAL WEALTH?

## BUILDING MENTAL 'WEALTH' 5 LITTLE THINGS EVERYONE CAN DO!

- **Connect...**with the people around you – family, friends, co-workers, neighbours, parishioners... at home, work, school, and in your neighbourhood. Be supportive and accept support when you need it.
- **Be Active...**walk, run, or cycle. Play a game. Garden. Dance. Exercising makes you feel good. Be sure to also eat a nutritious, balanced diet and get enough rest every night!
- **Take Notice...**be curious. Be aware the world around you and how you are feeling inside. Catch sight of the beautiful or unusual. Take time to savour the moment. Reflect on your experiences every day.
- **Keep Learning...**try something new or rediscover an old interest. Discover your spark. Learn to play an instrument or how to cook a new dish or fix a bike.
- **Give...**do something nice for a friend or a stranger. Thank someone. Smile, open a door for someone, say 'hi'. Volunteer your time. Support a worthy cause.

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**Invest time and effort to build mental wealth, everyday!**

**You'll be glad you did. So will your family. So will your friends. So will your community!**