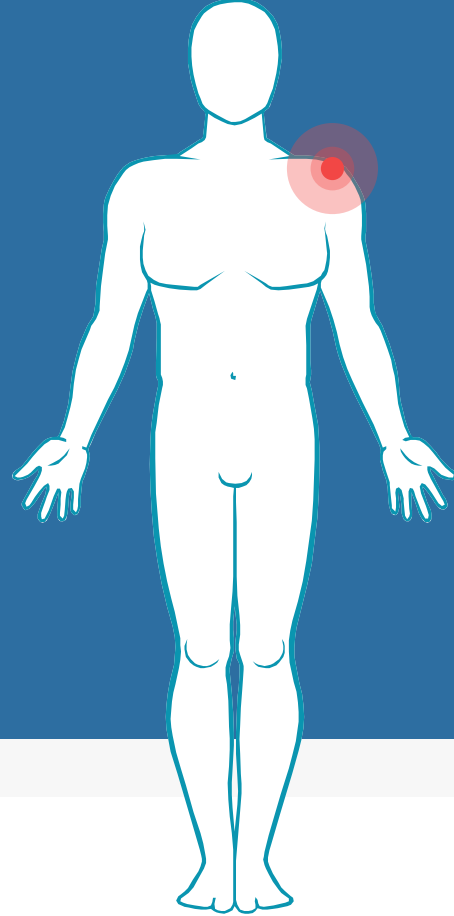


# On-Call

## Digital Resources

Maintaining Positive  
Mental Health



## Being Emotionally Health

- People who are emotionally healthy :
  - Are in control of their thoughts, feelings & behaviours.
  - Can face the challenges life throws at them.
  - Put problems into perspective and recover from setbacks.
  - Feel good about themselves
  - Have healthy relationships with others.

# Being Emotionally Health

- Being emotionally healthy:
  - Does not mean being happy all the time.
  - Means that you are aware of your emotions and can deal with them, whether positive or negative.
  - Doesn't stop you from feeling stress, anger and sadness...
  - But allows you to handle any negative feelings.

## Why is it Important?

- Here are some of the long-term benefits of maintaining a healthy and active lifestyle:
  - Reduced stress and improved mood
  - Boost in energy level over time
  - Improved cardiovascular health
  - Sustainable weight loss
  - Increased physical strength

# Maintaining Positive Mental Health



So now you are aware of what mental an emotional health is, how do we maintain it?

- Be aware of your emotions
- Express your feelings appropriately
- Manage stress
- Find the balance

## Be aware of your Emotions

- Notice what makes you feel sad and frustrated in your life.
- Evaluate if you can omit these things, people, situations from your life.
- If not, practice controlling your emotions so that it has a limited impact of your sense of well-being.



# Express your Feelings Appropriately

- Keeping feelings of anger, frustration, sadness, etc. bottled up inside you will only create tension between you and others and it may cause you to resent others because you feel this way.
- Learn to manage and express your feelings in an appropriate way and this will relieve some emotional stress from your life.



# Manage Stress

- Stress can affect us all at times, but on-going and regular stress is very bad for our physical and mental well-being.
- Try to develop coping mechanisms for when you encounter stressful situations.





# Find the Balance

- Life is one big balancing act!
- To maintain good physical, mental and emotional health you need to find a balance between work and play, and between activity and rest.
- Find what works best for you!





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