

The economy, financial stress,  
family pressure?

Now more than ever...

# Invest in yourself

Find out how at:

[www.cmha.ca](http://www.cmha.ca)



CANADIAN  
MENTAL HEALTH  
ASSOCIATION

L'ASSOCIATION  
CANADIENNE  
POUR LA SANTÉ  
MENTALE

Partner in mental health leadership:



**Desjardins**  
Financial Security®

# In these difficult times...

Invest in yourself.

In surveys conducted by **Desjardins Financial Security** in recent years, Canadians have consistently said that their finances are the top cause of stress. You may be feeling the stress more than ever these days. The best way to manage your stress is to invest in the things that matter most.

## Invest in your family

Pay attention to the mental health of those closest to you. Share a warm meal and some kind words. Listen to each other. Be honest and open with each other about the stress in your life. If you have children, discuss finances with them. Don't scare them. Help them understand the household budget and how you plan to deal with the challenges.

## Invest in your friends

Reach out to your friends. In times of economic stress, sharing challenges with friends is healthy. They might have insights into your challenges. You might have insights into theirs. And, remember to laugh. Friendships are built on laughter.

## Invest in your community

When you join or volunteer with community groups, clubs and organizations you feel a part of something bigger. You feel connected to a place and to a network of people. It's a good way to build personal and collective resilience in difficult times.

## Invest in your workplace

While your workplace can be a source of stress it can also provide you with positive networks, good friends and professional contacts. Take the lead to open lines of communication. Build supportive relationships with all people in your workplace, including employees, employers and even clients. If you are an employer, be understanding and supportive about employees' worries during this economic downturn.

# Invest in yourself

Address the big things that are causing you stress. A professional perspective can help you cope better and turn things around.

- **Are your finances the source of your stress?**
  - > Seek the help of a financial planner or debt counselor.
- **Are you feeling vulnerable in your job?**
  - > Speak to a career counselor and make a career plan.
- **Are your relationships with loved ones strained?**
  - > Speak to a counselor to work it through.
- **Do you fear that your stress is turning into depression, or that you might lose self control?**
  - > Meet immediately with your doctor or a mental health specialist.

# Learn to manage stress.



> One of the most effective ways to reduce stress is to take control of the situation. Take positive actions. However, if you are really feeling overwhelmed, get help. Don't wait for your stress to become a crisis. There are many resources and professionals to help you manage your stress.

# Take time for yourself

- Turn off your computers, cell phones and other distractions.
- Read a book, listen to music, play a game, go for a walk, meditate, write in your diary, or take up a relaxing hobby.
- Make use of free resources in your community, like parks, libraries, swimming pools and community centres.
- Host a potluck dinner so you can enjoy company without a huge cost.
- Visit with a friend or family, just to talk and laugh.
- Eat healthy meals and snacks.
- Get fresh air and exercise everyday, even just a little bit will do a lot of good.



## Invest in your mental health

For more information and for a listing of your nearest Canadian Mental Health Association office,

> visit: [www.cmha.ca](http://www.cmha.ca)



CANADIAN MENTAL  
HEALTH ASSOCIATION

L'ASSOCIATION CANADIENNE  
POUR LA SANTÉ MENTALE

Partner in mental health leadership



**Desjardins**  
Financial Security®