



# WELLBEING MARKET

Everyone with a body has physical health. Sometimes our bodies have aches, illness or disease. We can keep our bodies healthy by eating nutritious foods. Similarly, everyone with a mind has mental health. Sometimes our minds are overwhelmed, stressed, or needs a break. We also need to feed our minds with healthy strategies to make us feel better!

Come with us to the “Mental Wellbeing Market” and collect nutritious fruits (mental health strategies) that can help manage stress so you can be happier, healthier, and more productive.

## Strategies to Improve and Maintain our Mental Wellbeing!



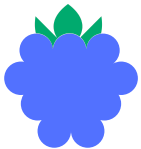
### USING YOUR BODY

Stress is stored in our bodies. It is important we are paying attention to what our bodies are telling us about stress. Knowing how we are feeling can help us respond better by using strategies to relax our bodies.



### USING YOUR MIND

Our mind sends signals to communicate with our body. This helps us detect danger or a threat. Knowing how to calm our minds, we can better make healthier choices in different situations. Observe. Slow down. React.



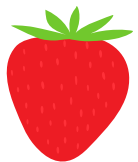
### BOUNDARIES

Boundaries helps us communicate with other what is comfortable and uncomfortable. it is important to tell others about our boundaries and how we would like to be treated in our relationships.



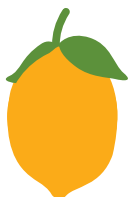
### EXERCISE

Physical activity, like exercise, can help our bodies feel calm, reduce stress, and make us more alert in our thinking.



### PROPER SLEEP

Sleep helps us to reenergize after each day. Consistent sleep and taking rest can help us process stress and helps reduce stress.



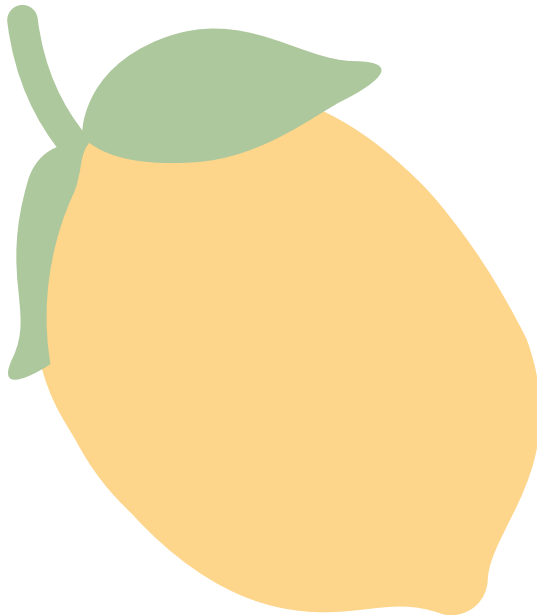
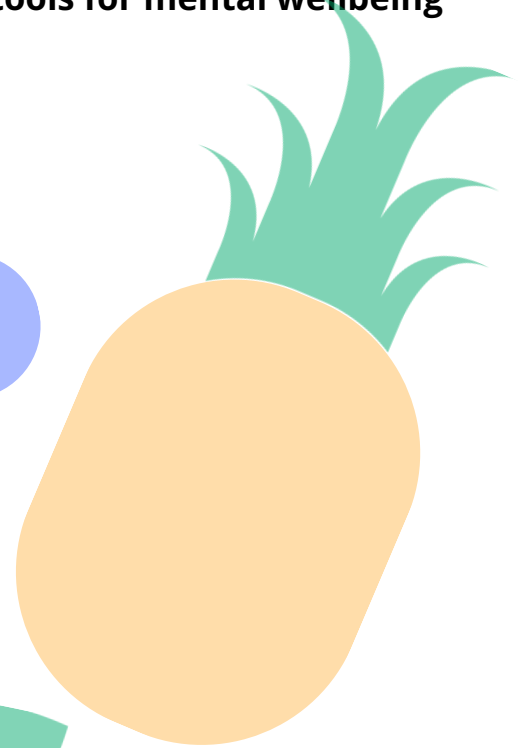
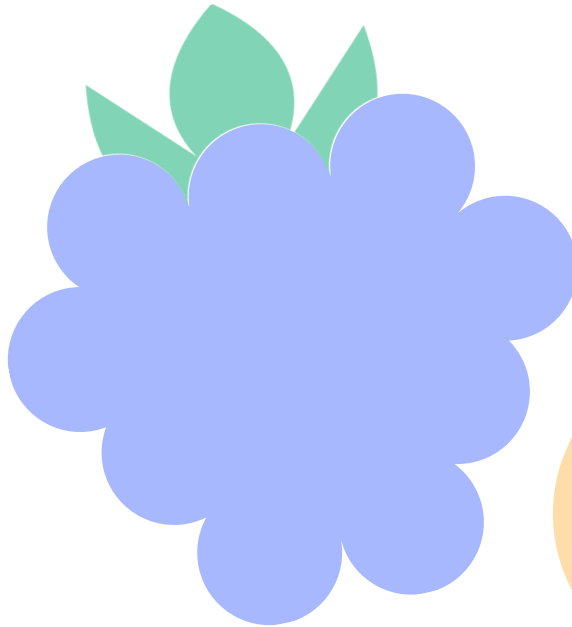
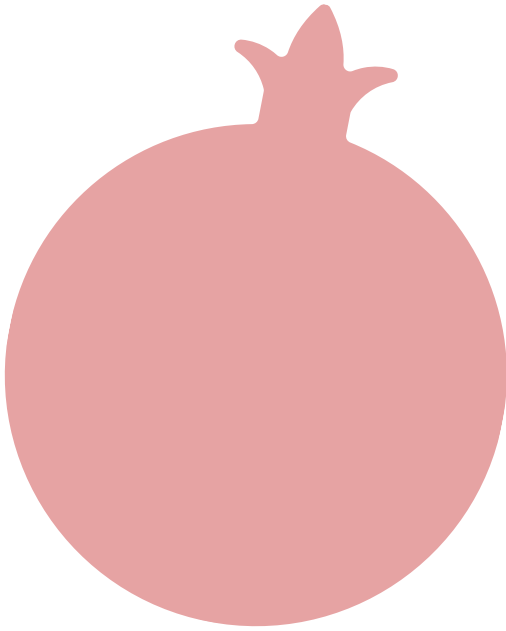
### SELF-COMPASSION

Self-compassion is showing ourselves kindness in difficult moments. Similar to how we care for others, we can show care to ourselves.



# MENTAL WELLBEING MARKET

What's in your basket? Write in the fruits below helpful tools for mental wellbeing



**Additional Resources**

Toronto Distress Line at (416) 408-4357

Gerstein Distress Line at (416) 929-0149

Counselling at Access Alliance, ask facilitators

