

MAY MENTAL HEALTH AWARENESS MONTH



This month, take action for your well-being by participating in various activities to promote mental health awareness, and take care of yourself!

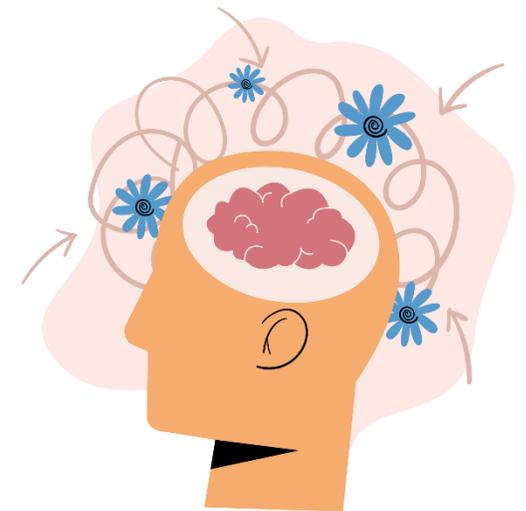
Get Active: Physical activity is one of the most practical ways people can regulate their mood with. There is evidence that regular physical exercise can improve symptoms of stress, anxiety, and depression. Book with our [Kinesiologist](#) to find out how you can develop a plan to get moving.

Eat well: Our diet can play a large impact on how we feel. Getting essential nutrients can be shown to help remedy or even prevent mental health disorders such as anxiety, depression, and ADHD. Book with our [Dietician](#) to explore exciting meal plans that will get you what your brain and body needs.

Treat yourself: It is also important to enjoy a delicious snack or dessert sometimes! Also do things for yourself that provide joy such as doing a little shopping (but watch your budget!) or attending a fun event. Book in with our [Massage Therapist](#) who can help with meditation and relaxation and pain relief.

Lend an ear: Being willing to support others with their mental health can be a great way to normalize talking about it! Just listening can go a long way, but you can also educate yourself or take a workshop on how to be more confident in basic mental health.

Seek support: Be willing to receive support for yourself! Busy people tend to prioritize themselves last, but you sustain a busy lifestyle better if you make sure your physical and mental health are all in check! Book with our [Provisional Psychologist](#) to start your journey while maintaining your own mental health.



Join us in celebrating mental health this month!

[Your Advanced Primary Care Team](#)

[#WorldMentalHealthDay](#)