



DATE: April 27, 2015

PMH promotes activities during Mental Health Week *Mental Health Awareness Week May 4-10*

Prairie Mountain Health (PMH) is encouraging you to “*love thy selfie*” and to ‘get grounded in nature’ during this year’s *Mental Health Awareness Week (May 4th-10th)*. Mental Health Awareness Week is an annual event that takes place during the first week of May to encourage people from all walks of life to learn, talk, reflect and engage with others on all issues of mental health.

Region-wide activities come on the heels of a very successful Youth Anti-Stigma event in Brandon, held in conjunction with the Mental Health Commission of Canada’s Head Strong initiative. The ‘Stomp out Stigma’ event April 20th allowed students from grades 9-11, from Brandon and surrounding communities, to share stories and speak about the stereotypes, misconceptions and challenges that affect those with a mental health illness.

Here are some of the notable themes and events taking place during Mental Health Awareness Week within PMH region this year:

Love thy selfie

During May 4-10th, Prairie Mountain Health challenges you to “*love thy selfie*” and take the time to engage in self-care activities to give your physical, mental and emotional self a much needed boost! You can choose to share your ‘you-time’ activities with us throughout the week. (*See poster attached*).

As self-care is unique, PMH has also prepared some strategies and tips to assist you in mental health wellness. (*See self-care article attached*).

30 by 30 Nature Challenge

A growing chorus of scientists and researchers agree: time spent in nature makes us happier, healthier and less-stressed. It increases creativity and lowers risk of heart attacks. It can in effect, make us nicer, more sincere people, with more meaningful relationships and increased community involvement.

Each spring, the David Suzuki Foundation challenges Canadians to join the ‘*30 by 30 Challenge*’ by spending 30 minutes a day in nature for 30 days. To find out more, log on to 30x30.davidsuzuki.org

Partnering with CMHA

Prairie Mountain Health is also pleased to partner with the Canadian Mental Health Association (CMHA), and its Parkland Branch in Swan River, with themes and events during the week. CMHA’s main message this year is “getting loud” in support of mental health with a focus on mental health of men and boys.

Remember, good mental health isn’t about avoiding problems or trying to achieve a ‘perfect’ life! It is about living well and having the tools for coping with difficult situations even during life’s challenges. Staying mentally healthy is like staying physically fit—it requires a little effort every day!

Visit CMHA’s mentalhealthweek.ca to “Get Loud” in support of Mental Health.

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