



## MENTAL

HEALTH

Submit your completed activity to mocwalk@mushkegowuk.ca by 11:59 PM Sunday, February 11th

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Our physical, emotional, mental and spiritual wellbeing

are interconnected.

Poor mental health can make it harder to care for our physical health. Learning how to cope in a productive way is important for our overall wellbeing.

Healthy coping strategies

- physical activity
- getting enough sleep
- eating healthy
- having a good support system
- practicing relaxation techniques
- deep breathing
- seeking professional help

Tell us what you did to take care of your mental health this week. Photo submissions are also welcome!