

To GET LOUD means speaking up for those around you – and for yourself. It means speaking out against the discrimination and stigma directed at people with mental illnesses. It means using your voice to raise awareness and build support.

**66TH ANNUAL CMHA MENTAL HEALTH WEEK MAY 1-7, 2017**

# #GETLOUD

**GET LOUD** to promote mental health. **The louder we get, the bigger the change we will make.**

We all want to be healthy. No one can be truly healthy without paying attention to their mental health. It involves how we feel, think, act and interact with the world around us. Mental health is about coping with the stresses of life and contributing to our community. Ask for help or seek advice from someone with expertise – give your mental health the care it needs and deserves.

## MENTAL HEALTH THROUGH PHYSICAL HEALTH

Studies have proven that a strong correlation exists between being physically healthy and being mentally healthy. Evidence suggests that physical activity can prevent and treat mental illness and enhance one's well-being.

Each person's path to mental well-being is unique. We all have our own goals, our own challenges, our own talents, and our own supports. But good mental health is within everyone's reach.

Everyone faces stresses and demands in their life, but we all need and deserve breaks from them. Exercise is just one form of relieving stress, and it is an effective one!

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**Canadian Mental Health Association**  
*Mental health for all*

# HOW PHYSICAL EXERCISE HELPS

- Physical activity has been found to improve mental health conditions, particularly anxiety, depression and general well-being
- Exercise was found to be more effective than cognitive-behavioural therapy (CBT) in reducing drive for thinness, bulimic symptoms (both binge eating and vomiting) and body dissatisfaction among subjects with eating disorders
- Modest improvements in physical activity can have major effects on the health and well-being of seniors both in preventing disease and modifying the severity of illness after onset
- Physical activity is more cost-effective than either psychopharmacological or psychotherapeutic interventions
- Studies found that if physical activity programs are integrated into psychiatric services, then the adherence rate is similar to that of the general public

## POSITIVE HEALTH TIPS

- Dedicate a minimum of thirty minutes per day, five days a week, to consistent physical exercise
- Diet has an impact on mental health; consulting a dietician on what foods should be cut from, or added to, your daily intake can help improve your mood
- Exercise will not solve every mental health problem and issue; don't trade your medication and counselling sessions for a gym membership. Talk to your doctor about the nature of your mental health problem and illness, and what treatment methods will be most helpful to you
- Contact your local CMHA branch at [cmha.ca](http://cmha.ca)

## RESOURCES

Here are other sources of information and inspiration that can help:

- Websites of reputable mental health organizations such as CMHA ([cmha.ca](http://cmha.ca)), the Mental Health Commission of Canada ([mentalhealthcommission.ca](http://mentalhealthcommission.ca)) and the Canadian Alliance on Mental Illness and Mental Health ([camimh.ca](http://camimh.ca))
- Books on exercising strategies and devices like Fitbit
- Audio and video resources
- Courses and workshops offered through community centres, schools and universities such as Mood Walks, Ride Don't Hide, Enabling Minds, or Living Life to the Full
- Seek out people you admire for their ability to find balance

## HOW CMHA CAN HELP

Every year, CMHA's remarkable cross-Canada team of more than 10,000 staff and volunteers provides more than half a million Canadians with vital services and support.

Contact your local CMHA, or other community mental health organization, to learn more about support and resources in your area. For more information on mental health programs and services in your community or to donate to CMHA, visit our websites: [cmha.ca](http://cmha.ca) and [mentalhealthweek.ca](http://mentalhealthweek.ca).



**Canadian Mental  
Health Association**  
*Mental health for all*

Founded in 1918, the Canadian Mental Health Association (CMHA) is the most established, most extensive community mental health organization in Canada. Through a presence in hundreds of neighbourhoods across every province, CMHA provides advocacy and resources that help to prevent mental health problems and illnesses, support recovery and resilience, and enable all Canadians to flourish and thrive.