



OCTOBER
SAFETY TALK

Mental Health Hacks

Staying Mentally Fit

bcmsa.ca

Taking care of your mental health is important! Why?

In 2019 across Canada there was 3058 men and 954 women who lost their life to Suicide (Statistics Canada CANSIM Table 102-0551). Studies have shown people experiencing mental distress have an increased risk of incidents and injuries.

What is stress? Is it all bad? What can we do about it?

Stress is a reaction to a situation. It can occur as a result of a single incident, or it can build up over time. Stress is what we feel when our bodies feel the need for “fight or flight” syndrome. We have all heard about that: our bodies are preconditioned to either fight or to flee. In the workplace, neither one of these is possible and we feel stress as a result. Stress is not necessarily bad, individuals experience it differently.

If you believe that your life or someone else’s life is in danger please call 9-1-1. Information provided here is not intended to replace medical care, advice, or assessment or legal advice.

Some stress may be considered simply a “challenge” in one person, while in another, it could be life-altering. For instance, are you comfortable presenting in public? No? Then that would be a stressful situation for you. Other people may thrive in that situation and not feel anything but “good” stress.

Too much stress can make us unable to complete everyday tasks, and mental and physical changes can occur in our bodies, including lack of concentration, inability to make decisions, and physical changes such as sweating and “the shakes” can occur. That’s our body still trying for fight or flight!

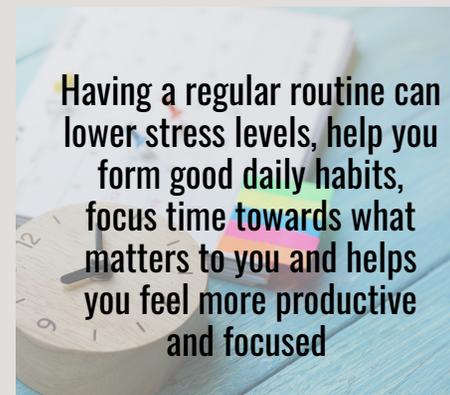
We can’t remove all stress from our lives – at home or at work. We can increase our resilience to stressors.

The following are just a FEW ways you can train your body to effectively deal with stress.



Healthy eating provides your body and brain the nutrients it needs to function

Feed your Brain



Having a regular routine can lower stress levels, help you form good daily habits, focus time towards what matters to you and helps you feel more productive and focused

Follow a Routine



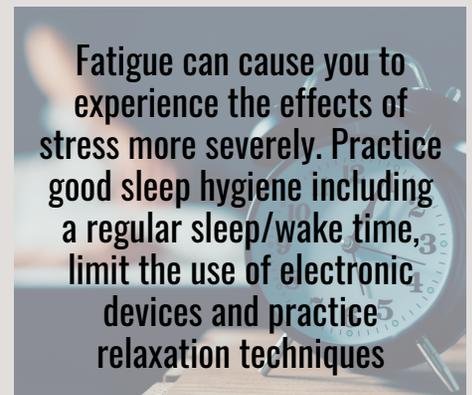
Exercise gives you endorphins which will help reduce the impacts of stress

Move your Body



Connecting with friends and family or a trusted counsellor can help improve your ability to manage stress.

Stay Connected



Fatigue can cause you to experience the effects of stress more severely. Practice good sleep hygiene including a regular sleep/wake time, limit the use of electronic devices and practice relaxation techniques

Sleep