

Thank
You:

GIVE THIS CARD TO SOMEONE
WHO MAKES A REAL
DIFFERENCE IN YOUR LIFE



MOUVEMENT
SANTÉ MENTALE
QUÉBEC
Promouvoir. Soutenir. Outiller.

**A Québec-wide presence through
the Mouvement and the regional members:**
SMQ – Bas-Saint-Laurent | SMQ – Chaudière-Appalaches
SMQ – Côte-Nord | SMQ – Haut-Richelieu | SMQ – Lac-Saint-Jean
SMQ – Rive-Sud | SMQ – Pierre-De Saurel | ACSM – Filiale de Québec
ACSM – Filiale Saguenay | CAP Santé Outaouais | Comité Prévention
Suicide L-s-Q | PCSM | Le Traversier | RAIDDAT

The Mouvement Santé mentale Québec (MSMQ)
is a grouping devoted to create, develop
and strengthen mental health.

WE THANK:

Le ministère
de la Santé et des
Services sociaux



etrebien danssatete.ca

CHARACTERISTICS OF A POSITIVE WORKPLACE

Supporting your fellow coworker is part
of the company culture.

Free of harassment, intimidation or major conflict.

Fair, honest, safe and healthy.

Offers learning and growing possibilities.

Where the scope of work is reasonable.

Is useful to society.

Where the work done is appreciated.

Where the working conditions are adequate.

Offers to people that feel powerless feasible
solutions for their issues.

WHAT CAN I DO ?

“ Today,
I’m giving meaning
to my work by... ”

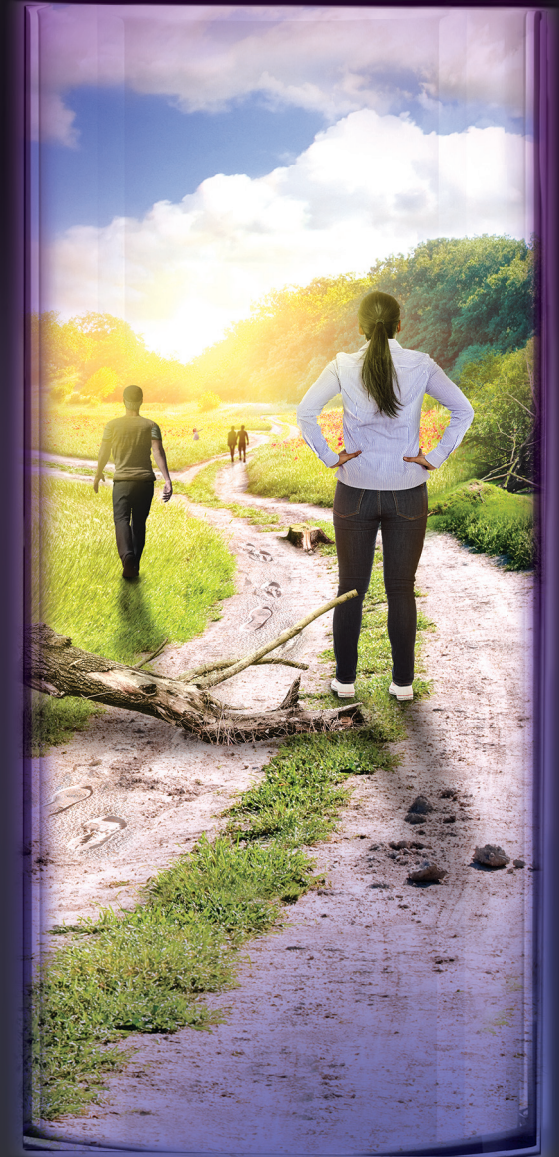
“ Today,
I’m grateful for... ”

“ Today,
I have the power
to take action over... ”

SHARE!

TAKE ACTION

TO FIND MEANING



WORKPLACE

“To want change and to continue doing the same thing does not make sense.”

— Anonymous

Here are **THREE ELEMENTS** that contribute to our well-being at work:

- Creating meaning through our attitudes and actions;
- Acting on important matters;
- Recognizing and accepting the positive things around us.

MENTAL HEALTH DEFINITION

Insert the words in the right place to make sense.

take action – dynamic balance – society – enjoy
engage – physical – difficulties

It represents a _____ between the various aspects of our life: social, _____, economical, spiritual, emotional and mental. Mental fitness helps us _____, live up to our potential, cope with day-to-day _____ and _____ in our community. It is influenced by our living conditions and by the dominant values in our _____, as well as our own individual ones. Being mentally healthy allows us to _____ life.

Take our online survey at:

www.mouvementsmq.ca

WHAT MAKES US GET OUT OF BED IN THE MORNING?

The reasons differ from one person to another. Knowing those reasons allows us to center ourselves, to better know who we are, and gives us a sense of satisfaction. What are yours?

Working allows us to put bread on the table, to do what we love outside of the workplace, makes us feel useful, and makes us learn and grow. Working can help us build a social network, is rewarding, and helps us work towards a common goal. We can even insist these values meet those of our employers and the organization.

STEPS TO FIND MEANING

- My work allows me to...
- What matters to me, at work, is...
- What I love at work is...
- What I bring to work is...

THE CONTRIBUTIONS WALL

Let your imagination and your colleagues' run free and create a Contributions Wall at work. Whether it's in a hallway, on a construction site, or in a private group on Facebook, hang your contribution on it. Hang a post-it, a photo, a picture, make a graffiti, carve a piece of wood or another material.

Send us a picture at
campagne@mouvementsmq.ca

WHO SAID WE WERE TOO SMALL TO MAKE A DIFFERENCE?

It is said that suffering is often linked to helplessness. But we are never too small to take action with the means at our disposal, to be part of the solution rather than the problem, to wait for the right moment, to propose or make a change, to choose our battles.

Imagine a mosquito in a room.

Talk about it to whoever is trying to sleep!

STEPS TO TAKE ACTION

- Ask for help whenever necessary.
- Consider every aspect of a problem in order to find a solution.
- Don't be afraid to propose ideas.
- Celebrate success.

SUGGESTION BOX

Set up a suggestion box in order to increase the quality of life at work. Choose some suggestions and bring them to life.

HOW TO RECOGNIZE THE GOOD THINGS AT WORK WITHOUT LOSING YOUR CRITICAL SIDE?

While it's not always easy, it's always good to see the positive at work. To recognize and accept it makes us happier, more optimistic, attentive, stimulated, determined, fills us with energy, and pushes us to offer our support to others.

We can be thankful for our colleagues and what they bring, or their smile, their results, their efforts, their work ethics. We can appreciate our schedule, our workplace, the possibility of a work/life balance, the management, the insurance plan, etc.

STEPS TO SAY THANK YOU

- Find five positive elements at work.
- Set up a board and write all your colleagues' good moves and ideas.
- Show your satisfaction.
- Don't be afraid to compliment others.

SAY THANK YOU

Hand out cards that say "Thank you" to the people around you to show them your gratitude... and don't forget those who work behind the curtains.

Order your Thank you cards at:
biendansatete@mouvementsmq.ca

TAKE ACTION TO FIND MEANING

Thank You

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