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ACCEPT YOURSELF

Let's be ourselves together



7WAYS TO
RECHARGE YOUR BATTERIES

MOUVEMENT
SANTÉ MENTALE
QUÉBEC



Working together to promote mental health!

Promouvoir. Soutenir. Outiller.

A Few Tips

1 Harness Your Strengths

Recognizing and using our strengths can help instill a sense of accomplishment and belief in our skills and boost our confidence.

Can you identify three strengths you've used to help you through a difficult time?

3 Avoid Comparisons

Rather than comparing ourselves to others, it's important to focus on our own self-worth and develop a more authentic and positive perception of ourselves.

Do you tend to compare yourself to others?

5 Foster Relationships of Care

Caring relationships reinforce feelings of belonging, acceptance and support, all of which can boost our perception of our own self-worth.

Who are the people in your life that you can truly be yourself around?

2 Learn as You Go

Our successes, mistakes and failures are all incomparable learning opportunities. Every experience can help us develop our skills, flexibility, know-how and interpersonal skills.

Share three things you've recently learned.

4 Practise Self-Compassion

Extending the same kindness to ourselves that we would offer a friend during challenging or painful times not only reduces stress but also bolsters resilience.

Are you able to be compassionate with yourself?

6 Encourage Openness and Inclusion

Expressing appreciation toward others, and being open and inclusive are attitudes that help create environments where a diversity of ideas, thoughts and approaches can thrive.

Are you open and welcoming toward people you don't know?

Discover more tools from our Foster Relationships and Hold Each Other Close campaign at mouvementsmq.ca/campagnes/creer-des-liens.

Discover more tools from our Découvrir, c'est voir autrement campaign at mouvementsmq.ca/campagnes/découvrir.

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SMQ – Bas-Saint-Laurent · SMQ – Chaudière-Appalaches · SMQ – Côte-Nord · SMQ – Haut-Richelieu
SMQ – Lac-Saint-Jean · SMQ – Pierre-De Saurel · SMQ – Rive-Sud · ACSM – Filiale de Québec
ACSM – Filiale Saguenay · CAP Santé Outaouais · Centre Accalmie · Comité Prévention Suicide
Lebel-sur-Quévillon · Perspective Communautaire en Santé Mentale · RAIDDAT

We'd like to thank:

Québec 

Capsana 
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