

RECHARGE IN PROGRESS



MOUVEMENT
SANTÉ MENTALE
QUÉBEC



Promouvoir. Soutenir. Outiller.

DO NOT DISTURB!

REENERGIZE

DISCOVER WHAT RECHARGES YOUR BATTERY



We don't question the need to recharge our electronic devices or electric cars. So why isn't that the case for our own battery?

In your daily life, at work, at home, in your commitments or relationships—when and where do you take time to recharge your battery? _____

Crafting Biking Listening to music
Doing some breathing exercises Gardening Going to see a play
Birdwatching Doing nothing Meditating

Reenergizing is one of Mouvement Santé mentale Québec's **7 Ways to Recharge** and it serves as a pillar for the six other tips. These 7 ways are a solid foundation to **create, develop** and **strengthen** our mental health. **Reenergizing** is more than valid—it's essential for our mental health.



Curious about how to recharge your battery?

We thank:

Québec 

CHSSN

Working together to promote mental health!

Mouvement SMQ is active in regions across Quebec through its member organizations:
SMQ – Bas-Saint-Laurent · SMQ – Chaudière-Appalaches · SMQ – Côte-Nord · SMQ – Haut-Richelieu
SMQ – Lac-Saint-Jean · SMQ – Pierre-De-Saurel · SMQ – Rive-Sud · CMHA – Québec City branch
CMHA – Saguenay branch · Cap Santé Outaouais · Centre Accalmie · Comité de prévention du suicide
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