

From powerlessness to inspiration...



Working together to promote mental health!

etrebiendanssatete.ca

7 WAYS TO
RECHARGE YOUR BATTERIES

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Promouvoir, Soutenir, Outiller.

One step, one action, one movement...

From a social, environmental, political, and economic perspective, the current climate is likely to discourage and provoke a feeling of powerlessness in many. **How can we care for our mental health and well-being at a time like this?**

Mental health is a **dynamic balance** between the different elements that make up human life: the **social, physical, spiritual, economic, emotional and psychological spheres**.

Through its **7 ways to recharge**—*Take action, Feel the moment, Make choices, Explore, Foster relationships, Accept yourself, and Reenergize*—Mouvement Santé mentale Québec and its member organizations invite you to take action: **One step, one action, one movement** at a time. In this way, our actions—both small and large, individual and collective—can help create an antidote to powerlessness. Keep in mind that **your actions don't have to be grand gestures to have a significant effect!**

Why not challenge yourself to take one action this week?

A QUÉBEC-WIDE PRESENCE THROUGH THE MOUVEMENT AND ITS REGIONAL MEMBERS:

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 Prévention Suicide Lebel-sur-Quévillon | Le Traversier | Nouveau
Regard Gaspésie | Community Perspective in Mental Health | RAIDDAT

LEARN MORE ABOUT OUR CAMPAIGN:

mouvementsmq.ca/campagnes/un-pas-un-geste-un-mouvement

DO YOU NEED HELP FOR EITHER YOURSELF OR A LOVED ONE?

**Association des Centres
d'Écoute Téléphonique
du Québec**
lignedecoute.ca

(several helplines are
available in English)

Info-Social 811
option 2

Suicide Prevention
suicide.ca
1-866-277-3553
Texto : 53 53 53

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TAKE ACTION



Taking action is all about breaking out of powerlessness. It means giving direction and meaning to our experiences. It also means being grateful. Feeling gratitude for the good things in our lives gives us satisfaction and vitality. It reduces stress and stimulates our creativity. Taking action might seem unthinkable when we are bombarded with bad news or an unacceptable social situation. But taking action helps us recharge our battery while keeping our critical eye engaged.

One Step at a Time

Sometimes, we can clearly see the vision of a more just, caring and environmentally sound world. But Rome wasn't built in a day. Breaking our major objectives into smaller steps helps foster our power to act while also helping us make progress in both our reflections and our actions.

 **What first step can you make towards these goals?**

There's no need for a grand feat. Every small action counts.





What are 3 things that you're especially grateful for today?

Since the dawn of time, our brains have been conditioned to quickly identify the negative as a survival mechanism. Today, if we put our minds to it, we can also easily register the positive things around us.



Why not take the time to thank someone for something they did?

A Collective Step towards Spreading Beauty Far and Wide

A meaningful initiative that's inspiring or the beauty of a wonderful action can revive our sense of hope.



Let's make beauty more accessible.

We can start a social media wave of reposting things that we find good or meaningful.

For example: a teacher who made it possible to learn something specific; the beneficial work of a community organization; good policy in action; support from management to a request from employees; an action that seeks to deconstruct biases; a meaningful community initiative; the beauty of nature; a work of art that expresses one's resistance.

LEARN MORE ABOUT HOW TO TAKE ACTION:

mouvementsmq.ca/campagnes/agir

(in French)



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FEEL THE MOMENT



Feeling the moment is all about taking the time to identify and welcome the emotions we experience on a daily basis, without judgement. This practice helps us understand the messages these emotions are sending.

Transforming Your Emotions into Action

Perceiving and recognizing emotions provides access to the needs that triggered them and lie behind them. Choosing a concrete action to respond to those needs brings a sense of control over the situation and helps to give it meaning.





To understand what my emotions are trying to say...

- I pay attention to what I feel in my body and the thoughts that come to mind;
- I welcome and make space for the emotion; or I consciously choose to come back to it later if it's not a good time;
- I determine what I need;
- I choose a way to respond to that need that makes sense for me.

Having a better understanding of my emotions could help me to be more attentive and have more empathy towards other people's emotions.



Is anyone else experiencing similar emotions to you in the same context?



Let's share our feelings with others.

Our emotions can act as a catalyst for collective action and serve to support us.

A Collective Step towards Greater Humanity

All too often, we just say, "How's it going?" without expecting an answer. If you're in a rush, why not just say, "Hello"?



If you have the time and are prepared to listen to the answer, take a moment to stop and really ask, "How are you doing?". Wait for the answer. This small gesture can make all the difference.

LEARN MORE ABOUT HOW TO FEEL THE MOMENT:
mouvementsmq.ca/campagnes/ressentir

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ACCEPT YOURSELF



Accepting yourself is all about recognizing your own worth and having a realistic vision of your strengths, skills and limitations. It means acknowledging the people around you. It also means being kind to yourself just as much as you would be to others.

Drawing on Our Strengths

Recognizing and utilizing our strengths, talents and skills, whether they are individual or collective, gives us the confidence and foundation we need to take action, confront changes, affirm our decisions and say 'yes' or 'no.' We all have different strengths and it's normal. It's the way these different strengths complement one another that is so valuable and helps us make progress together.



 **What are your top five signature strengths**
(good qualities, talents, skills)?

Rather than harshly judging yourself, try speaking to yourself like you'd speak to a friend. That distance can help you better analyze the situation and learn from your experiences.

Offering this understanding to others is just as important. This is an approach of openness to try to **understand** what may have influenced their trajectories or their choices **without necessarily agreeing** with them.

 **Have you ever been able to understand why someone did something without necessarily approving of what they did?**

 Try telling a friend, neighbour, co-worker, family member, or acquaintance **five strengths that you see in them...**

A Collective Step to Propagate Kindness

Hateful, offensive or violent comments on social media can have harmful or even destructive effects. Taking action together to change this discourse can support our sense of collective ability.

 **Let's share** content that celebrates **diversity** on our social media.

 We can add a **constructive or tolerant comment** to a chain of unkind comments.

LEARN MORE ABOUT HOW TO ACCEPT YOURSELF:
mouvementsmq.ca/campagnes/saccepter

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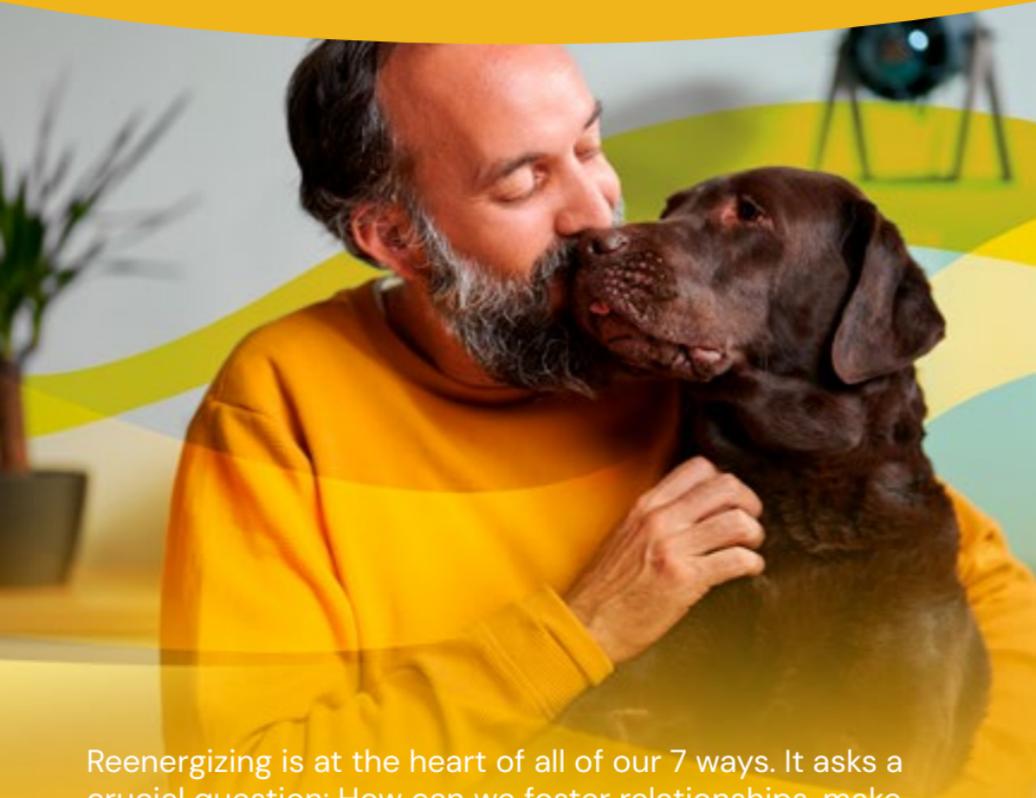


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REENERGIZE



Reenergizing is at the heart of all of our 7 ways. It asks a crucial question: How can we foster relationships, make choices or explore if our energy level is empty? We rarely let our phone battery stay dead. What about our own battery? What if we also went into recharging mode? Reenergizing is all about making space for things that are good for us, refilling our energy tank or helping us rest. It is essential. And valid.

Scheduling Time to Reenergize

With our fast-paced lives and the pressure around performance and accomplishment in our personal and professional lives, finding time to reenergize, slow down and break out of autopilot mode is not always easy. One possible solution: block out some time on your calendar to recharge.

 **What are some things that recharge your battery in your daily life?**

 **This week, what time can you block out on your calendar for something that makes you feel good?**

These blocks of time don't have to be long: a few quick minutes of recharging can make all the difference. Even a few moments of just doing nothing can be beneficial.



Multiple studies have shown that **time in nature is an excellent way to recharge our batteries**. Among other benefits, it can reduce stress and increase energy. But you don't need to trek out to the forest or a mountain peak: **simply being near a tree, a plant or a park can bring its share of benefits**.



Add a little nature to your daily routines!

This could look like adding a plant to your home or workspace (fake or real) or even just a photo of a landscape.



Take a moment to be in nature without any screens.

Our connection to nature can even encourage the development of our environmental awareness.

A Collective Step for the Future of the Planet

What if we gave ourselves permission to slow down and reflect on the pace of our lives and our consumption habits? It could give both the planet and our wallets a much-needed break!



This month, let's try borrowing, upcycling or repairing something rather than buying it new.

Why not invite others to join you in this challenge?



Let's think about the impacts of our purchases. Let's ask ourselves, "Do I really need this?"

LEARN MORE ABOUT HOW TO REENERGIZE:
mouvementsmq.ca/campagnes/se-ressourcer

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EXPLORE



Exploring is all about opening yourself up to new ideas and new realities. Drawing on our strengths helps us get out of our comfort zones, so we can learn and cultivate our curiosity. It's a key way to face changes.

Curiosity Awaits

During times of change or uncertainty, curiosity is a great resource to lean on and develop. It can help us to open up to the world, make connections and break down our biases. Curiosity can transform uncertainty caused by changes into the energy we need to get through them. It invites us to explore new ideas, test them out and adjust them—it invites us to be bold!





There are many ways to cultivate curiosity. What would yours be?

- Exploring community events (for example, visitor's day at a farm, cultural celebrations, exhibits at the Maison de la culture) and new activities.
- Taking an interest in other people's points of view and trying out new ways of doing things.
- As a group, brainstorming a million possible solutions, even ones that seem far-fetched, before choosing one and taking action.
- Getting information about topics from a variety of sources (such as podcasts, articles, or activities organized by a community organization).
- Sharing knowledge and letting others try things out their way.



What have you explored this month?

A Collective Step towards Curiosity

Whatever the situation may be, curiosity and imagination are powerful tools to help us think beyond our daily lives and project ourselves into the future. Dreaming of the future with the common good in mind can open the door to possibilities. Dreaming as a group is even better!



How about trying some "curiosity roundtables"?

With a group, discuss your vision of a better world and the different ways you might be able to transform it into reality. **Rather than debating, work together to help each group member clarify their thoughts by asking questions.** At the end of the activity, ask yourselves, **"What step could we take together to get closer to the world we want to live in?"**

LEARN MORE ABOUT HOW TO EXPLORE:
mouvementsmq.ca/campagnes/decouvrir

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MAKE CHOICES



Making choices is all about our level of autonomy. When you're making choices, you have options. You feel that you have the skills needed to reach your objectives and that you are not alone—individuals and organizations are there to accept and support you. Think of it as a vitamin for your brain! As such, it's just as important to support the autonomy of the people around us, both young and older.

Create Meaning by Connecting Your Choices to Your Values

When it's time to make a decision, our values can act like a guide or GPS. It's not always possible to make decisions that align with every single one of our values. However, remaining aware of the principles or values that guide our choices can bring meaning to our lives and help nourish a feeling of balance. We call this 'agency' or 'latitude.'

Every choice we make requires putting other options aside. Bear in mind that these choices are context-dependent and affected by the information we have at hand. Very few decisions are permanent—they can often be revisited. Each decision is an opportunity to learn about yourself and about life.



Today, what are your top 5 values?

To help with your reflection, take a look at the list provided here



Are these values similar to those held in your workplace, by your friends or by the people you live with? If not, what are the important ties that connect you to these environments?

A Collective Step to Support Our Power to Act

Supporting autonomy involves a collection of strategies that seek to increase individuals' and communities' ability to take control of their lives and make informed decisions.

How do you support the autonomy of those around you?

By offering support without taking over, sharing skills with them, helping find solutions to a problem they're experiencing, presenting multiple options, respecting their values and their pace...

Why not try organizing skill-sharing workshops to help share and pass on knowledge?

LEARN MORE ABOUT HOW TO MAKE CHOICES:
mouvementsmq.ca/campagnes/choisir

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FOSTER RELATIONSHIPS



Fostering relationships is all about sharing, respecting one another, supporting one another, listening to one another, and building a safety net. Humans are fundamentally social creatures. Attentive and caring relationships help to protect and support our mental health. Solidarity is a solid and much-needed foundation for change.

Some Relationships are Close, Some are More Distant

With our fast-paced lives, we might put off time with our friends or loved ones. Yet returning focus to our authentic relationships is essential. These relationships create a space where we can truly be ourselves.





**Who are your allies?
What role do they play in your life?**



Who might name you in their list of allies?



Plan to call, text, send a postcard or visit one of these people in the next month.

Relationships with **people who are not part of our inner** circle are also important. Meeting people whose experiences are completely foreign to us, whose life stories surprise us, whose points of view are different from ours—all of this can broaden our horizons and even help us break out of our biases.



Has a conversation broadened your horizons lately? Do you think you've had a similar effect on someone else?

A Collective Step to Care for Our Relationships

When we share acts of kindness, the effects can be incredible! These gestures can bring meaning to our days and help us feel a renewed sense of community.



What act of kindness could you do today?

Sharing a smile, meeting up with a friend, carrying someone's groceries, offering your time, sharing a skill, giving someone a compliment...

LEARN MORE ABOUT HOW TO FOSTER RELATIONSHIPS:
mouvementsmq.ca/campagnes/creer-des-liens

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