

Mental Health



Practicing a healthy, active lifestyle that includes physical activity, healthy eating, and social connections can help maintain good mental health as you age. It can also help prevent chronic conditions such as diabetes, hypertension, high cholesterol and obesity, which are risk factors for dementia. In addition, life-long learning, being creative, having a spiritual practice or understanding, and spending time in nature can also help support mental health and well-being.

Questions to consider regarding your mental health and wellness:

How do you deal with stress? How you handle stress has an impact on your health.

Did you know that negative self talk can increase stress? Your mind and body are powerful allies. How you think can affect how you feel. And how you feel can affect your thinking.

Do you get enough sleep?

What are you doing for fun?

Do you have opportunities to spend quality time with friends and family? Building positive relationships with people can help foster resilience. Resilience is an "inner strength" that helps you bounce back after stressful situations. When you are resilient, you may recover more quickly from setbacks or difficult changes, including illness.

Have you thought about new skills to learn that can help you manage stress?

Do you make an effort to go out and enjoy nature? Evidence suggests that being in nature can promote mental and physical health and well-being.

Is substance use affecting your quality of life? Do you know what services and programs are available to you? B.C. Partners for Mental Health and Addictions Information at "Here to Help" offers reliable information about mental health, substance-use and addiction problems.

[Mental Health and Illness](#) (link)

[HealthLink BC: Mind-Body Wellness](#) (link)

[Here to Help](#) (link)

[Planning for Healthy Aging](#) (link)