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A mental health plan is necessary for physical health

By LEANNE CONICK
 Special

Mental Health Week is May 5-11 and the Canadian Mental Health Association wants all Canadians to enjoy the benefits of good mental health.

Good mental health—we all need it just as much as we need good physical health to truly enjoy life to the fullest. In fact, the two things—mental health and physical health—often go hand in hand.

We know how to take care of our physical health, how do we take care of our mental health?

- Build confidence in yourself by knowing your strengths and

weaknesses, accepting them and then building on them, doing the best with the abilities you have.

- Accept compliments. Many of us have difficulty in accepting compliments from others, we are often too quick to put ourselves down.

But accepting a compliment, or a favor from someone else, can help us to feel more worthwhile.

- Make time for family and friends. Relationships are important. During a takeover and resulting corporate re-organization, 50 per cent of 200 executives experienced chronic stress symptoms. One of the three main factors that contributed to the 50 per cent who did not experience stress was the fact that they had a strong social support.

Don't wait until you are stressed out to begin building strong relationships with others.

- Set up a workable budget. We all know how draining financial stress can be, but much of it can be avoided if we keep to our budget. Take care of your "needs" first and don't spend money on "wants" until these have been taken care of.

- Volunteer. There's nothing quite so rewarding as helping others who are in need. It puts your own problems into proper perspective.

- Learn to be at peace with yourself. Focus on what makes you really happy. Learn to balance what you can and cannot do.

Leanne Conick is program coordinator for the Halton branch of the Canadian Mental Health Association.

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 Day is
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NOTICE OF THE ANNUAL MEETING OF THE

GEORGETOWN & DISTRICT MEMORIAL HOSPITAL



The Annual Meeting of the Georgetown & District Memorial Hospital will be held at the Georgetown and District Memorial Hospital in the Chronic Care Dining Room at 7:30 p.m. on June 26, 1997.

ALL WELCOME!!

AGENDA

1. Opening Remarks
2. Minutes of the Annual General Meeting held on June 27, 1996
3. Report of the Chair/Office of the Chief Executive Officer
4. Report of the Chief of Staff
5. Report of the President of the Hospital Volunteers Association
6. Auditor's Report
7. Report of the Treasurer
8. Appointment of Auditors for 1997-98
9. By-Law #1 Amendments (if any)
10. Guest Speaker - Topic to be announced
11. Election of Directors
12. Adjournment

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