

Ways to Mental Wellbeing in Waterloo Region

Simple steps to improve your mental health and wellbeing



CONNECT

When we have meaningful relationships, we feel like we belong, we feel valued, and we have support when we face challenges.



BE ACTIVE

Being active helps reduce feelings of worry, improves our mood, increases our self-esteem, and helps us cope with stress.



BE MINDFUL

Being mindful helps us control our emotions, makes us aware of our needs, and helps us enjoy the world around us.



KEEP LEARNING

When we learn new things we feel a sense of purpose and achievement and we improve our self-confidence.



GIVE BACK

Giving helps us feel good, allows us to grow closer to others, builds our trust, and helps us feel thankful and positive.