

MINDFUL HEALTH ~ I WILL FOCUS ON ME

Make the Connection

Supportive relationships with family and friends, plus a sense of belonging can contribute to good physical and mental health. Here are some ways you can stay connected:

Schedule time with family and friends

Individuals with a strong sense of community belonging are twice as likely to report very good or excellent self-perceived mental health. People who remain actively engaged in life and connected to those around them are:

- Generally happier
- In better physical and mental health
- More capable to cope effectively with change and life transitions

Volunteer your time

Feeling socially connected and having a sense of belonging can encourage people to volunteer and take pride in the condition of their communities. Did you know that more than 12.5 million Canadians volunteer their time to charitable and not-for-profit organizations? Volunteering can:

- Help build self-esteem and develop life-long skills
- Strengthen the community
- Improve health and build relationships

Try something new and meet people with similar interests

Frequent participation in social activities has a positive impact on adults. Try to get involved in physical or recreational activities with other people including: sports, hobbies, committees and family outings.

PUBLIC HEALTH

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