

Did you know you can visit the *Canadian Mental Health Association's* website and take a stress quiz??

What's Your Stress Index?

DO YOU FREQUENTLY:	YES	NO
Neglect your diet?	<input type="radio"/>	<input type="radio"/>
Try to do everything yourself?	<input type="radio"/>	<input type="radio"/>
Blow up easily?	<input type="radio"/>	<input type="radio"/>
Seek unrealistic goals?	<input type="radio"/>	<input type="radio"/>
Fail to see the humour in situations others find funny?	<input type="radio"/>	<input type="radio"/>

How EXERCISE Helps with **ANXIETY**

- ▶ Exercise can be **JUST AS** effective as certain medications in **relieving symptoms** of Depression and Anxiety.
- ▶ People who exercise **do better** on tests, have better memories, and process information faster.
- ▶ For students, exercise **boost marks!**

Getting Help

- ▶ Some people worry about asking for help because there can be stigma around mental health problems.
- ▶ They may believe that asking for help means admitting that something is wrong.
- ▶ Some people worry about how others might see them.
- ▶ Asking for help means that you want to make changes or take steps towards your new health goals.
- ▶ We should celebrate the courage it takes to speak up and make changes.
- ▶ Getting help is part of recovery.

Where can you go?

- ▶ Talk with supportive friends and family
- ▶ Talk to your family doctor
- ▶ Connect with community mental health clinics
- ▶ Call a help line
- ▶ Learn more about mental health (e.g., books, websites)
- ▶ Attend *Richmond Recreation* Programs
 - ▶ Yoga, Meditation, Sleep-Stress Link
- ▶ Talk with someone from your community or church