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Mental health and substance use  
information you can trust



Canadian Mental  
Health Association  
British Columbia  
*Mental health for all*

# tips for good mental health

Part of the Plainer Language Series

[www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)



You have probably heard about different ways to take care of your body. Did you know that you can take care of your mind, too? Mental health is the way we think and feel about ourselves and the world around us.

Good mental health does not mean that you are happy all the time. It means you can enjoy life and also handle the sad or difficult things that happen.

Keep reading for a couple of tips for better mental health.

## Watch for thinking traps

The way we think about something has a big effect on the way we feel.

Sometimes, we think that something is bad, even when it is not true. These are called “thinking traps.” A common thinking trap is jumping to conclusions before you know what really happened. E.g., “My friend did not call me back. She must not like me very much.”

The next time you notice yourself falling into a thinking trap, try to look at the facts.

## Solve problems

We face problems every day. When we do not take action, stress can build up in our minds and bodies.

### How to solve problems:

- Figure out what the problem really is
- Think of different ways to solve the problem
- Try one solution out and see if it works

## What else can I do for my mental health?

- Take care of your body. Eat well, exercise regularly, and try to get enough sleep.
- Find time to slow down and relax.
- Make time for fun!
- Connect with others.
- Find help when you need it.



## Where can I go from here?

This card is a short version of a longer resource. For more information and help, see [www.heretohelp.bc.ca/factsheet/tips-for-good-mental-health](http://www.heretohelp.bc.ca/factsheet/tips-for-good-mental-health)