



CANADIAN MENTAL
HEALTH ASSOCIATION
L'ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE

Partner in mental health leadership:



Desjardins
Financial Security®

NOW MORE THAN EVER...
INVEST IN YOURSELF

Hold thumb on square for 10 seconds and compare.
If the square is black it is time to relax.

Stressed  Tense  Calm  Relaxed 

www.cmha.ca



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- 1. Invest in your family** > Share a warm meal and some kind words.
- 2. Invest in your friends** > Reach out to your friends and get together.
- 3. Invest in your community** > Volunteer or join community groups.
- 4. Invest in your workplace** > Cultivate supportive colleagues at work.
- 5. Invest in yourself** > Do what makes you happy. Do it more often.