

2021

Sun Mon Tue Wed Thu Fri  
1  
4 5 6 7 8  
11 12 13 14  
18 19 20 21  
25 26 27



# MENTAL HEALTH RESOLUTIONS

## STAYING POSITIVE AND MENTALLY HEALTHY IN THE NEW YEAR

Individual resilience involves behaviors, thoughts, and actions that promote personal well-being and mental health. People can develop the ability to withstand, adapt to, and recover from stress and adversity—and maintain or return to a state of mental health well-being—by using effective coping strategies. We call this individual resilience and have compiled some New Year's Resolutions to help you build this skill for the year ahead.

### 2021 MENTAL HEALTH RESOLUTIONS

- Help people to feel included in your community
  - plan community events (virtual or outdoor)
  - organize reading, running, or arts and crafts programs
- Participating in physical activities and encourage participation of family members, work colleagues, friends, and/or neighbors
- Take ownership of your life experiences and don't blame your situation on events beyond your control
- Eating well
- Create and Monitor safe play areas for children
- Be accepting of changes in your environment, such as, a new job, changing schools, going through a divorce, the death of a loved one, or being diagnosed with an illness
- Identifying and realizing your goals (self-efficacy)

### WHY IS THIS IMPORTANT

Promoting positive mental health as an everyday issue can:

- Prevent the onset of some mental health problems
- Decrease the number of people whose mental health is poor, who experience the symptoms of mental illness, and/or who die by suicide
- Strengthens individuals and whole communities
- Increases access to health and social services by removing negative associations and helping to reduce the stigma of mental health
- Simultaneously improves your physical health
- Dealing with stress in a useful way can boost your immune system