

**3 ingredients for "5-star" mental health!**



- When these elements are present, our resilience is strengthened: this means we adapt well to new situations, changes and stress.
- Caregivers, however, live in a particular reality where some of these elements can create obstacles to maintaining positive mental health.

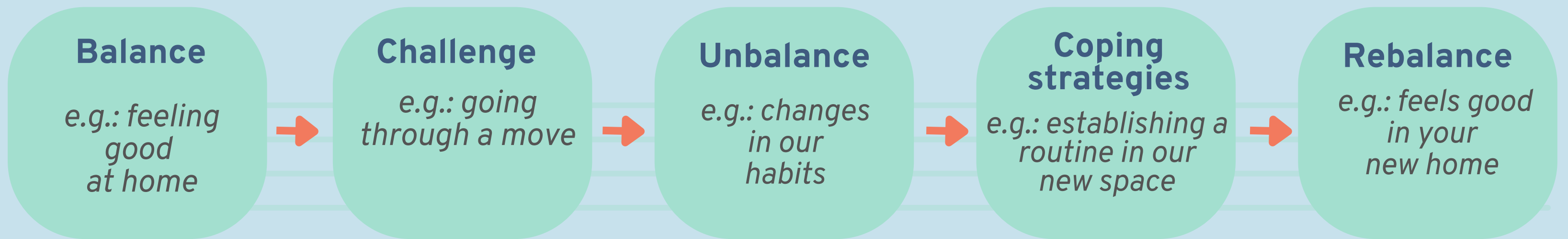


All these "commands" linked to the role of caregiver can weaken our mental health and therefore our adaptation process.

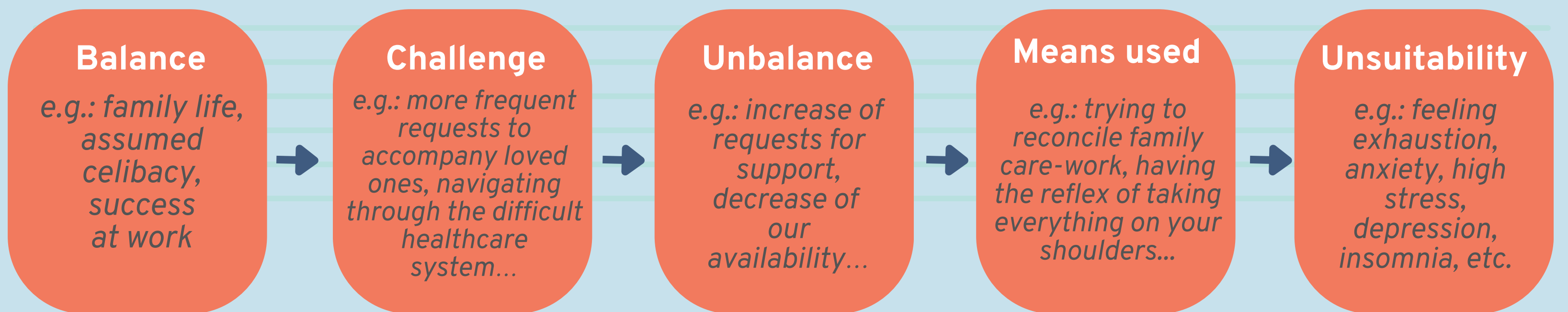
Do you see the incident looming?  
**It's only natural!**



## What is positive mental health?



## Adaptation process to monitor



*What about you? which adaptation process do you identify with?*

## Avenues for reflection

What are the things that "spoil your appetite"? Are you able to identify the elements in your path that can make you more vulnerable or create an imbalance?

What are some ways you can help yourself through this imbalance?

## What would happen if you dropped off one of your caregiving responsibilities?



When we recognize our difficulties, we can take action to add "stars" to our mental health!

Several tools are needed to improve our bank of coping strategies. Adaptation is a normal process of trial and error. The important thing is to recognize when we are in a prolonged imbalance. If you've run out of things to do, there are a number of options available on our menu to get you there! Check out our #SolidairementProcheAidant tools for taking care of your mental health or call our helpline at 579-888-0211 ext. 0.

