

Activity 4: Protect your mental health

The Canadian Mental Health Association identifies five characteristics of good mental health:

- ability to enjoy life,
- resilience,
- balance,
- self-actualization, and
- flexibility.

You are encouraged to visit the website of the Canadian Mental Health Association and try the Mental Health Meter.¹ You can reflect on your unique strengths and identify areas where your level of mental fitness could be improved. This can help you cope with life's ups and downs.

Reflect: Which of these characteristics do you have? Which characteristics do your parents have?

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Source: Maureen Osis, Judy Worrell, & Dianne McDermid. *Your Aging Parents: How to Prepare. How to Cope*. 2nd ed. 2010. ElderWise Publishing. <https://youragingparents.ca>
Questions? Contact us: info@youragingparents.ca

¹ Mental Health Meter. <https://cmha.ca/mental-health-meter>