Imagine a mosquito in a room. Talk about it to whoever is trying to sleep!

We all have the power to act upon different situations that make up our lives. It is said that suffering is often linked to helplessness. But we are never too small to take action with the means at our disposal, to be part of the solution rather than the problem, to wait for the right moment, to propose or make a change, to choose our battles. To act also means to find resources to achieve your goals. Knowledge is power.

CHOOSING NOT TO ACT IS ALSO AN ACTION
To choose the status quo, or to take a break and think about what to do, is also an action. However, to hesitate endlessly by always rehashing the same solutions can lead to inaction.

What we do or do not do, as individuals or a group, can have an impact on what surrounds us. Everything is interconnected.

STEPS TO FIND MEANING
• I celebrate my successes.
• I take a small action towards what can get me closer to my goals. Something I've been putting off for ages.
• I write or draw the representation of a specific goal.

TOGETHER
• I help a group or an individual to discover ways to act.
• With the help of others, I create a mosaic of goals that can grow endlessly.

WHO SAID WE WERE TOO SMALL TO MAKE A DIFFERENCE?

TAKE ACTION TO FIND MEANING

“MEANING ALSO MEANS LIVING A LIFE FILLED WITH SUGAR AND SPICE.” — Simon Beaudoin

STEPS TOWARDS MEANING

1. Evaluate what I gained after an event.
2. Celebrate my successes and the parts that are important to me. I record those that are full of sense.
3. When someone asks me what I do in life, I tell them about what I love.

TOGETHER
• I celebrate the birthday of an elderly person. All of us together are part of a whole that includes us. It’s a good occasion to make others feel loved one another we all are.
• I get involved with a cause that is dear to me.

THE GOODNESS OF GRATITUDE
According to some studies, the people who regularly feel gratitude usually take better care of themselves, are more physically active, sleep better, and may have a better resistance to stress and more determination. According to psychiatrist Christophe André, gratitude helps improve self-esteem, because it increases the feeling of belonging to a group, and an anodyne to the feeling of existential solitude. Gratitude allows us to have a more positive outlook upon our successes.

The brain easily detects the dangers and finds solutions to problems. To take the time to see what’s good around us doesn’t mean to lose your critical sense. Thankfulness is a way to increase your well-being. It is necessary when everything is going well in life, but it’s even more necessary when everything is going poorly. Gratitude is a refuge. It makes us see the world in a more positive way. We can appreciate the moonlight, a song, a laugh, the snow on the cold air during the winter, a picture, the taste of an emotion, coffee, a meal shared with a friend, or a social connection...

STEPS TO SAY THANK YOU
• I create a bowl of gratitude. I put in this bowl pebbles or pieces of paper upon which I write down a reason to say thank you. At the end of the year, I’ll have a bowl full of gratitude and meaning!
• During bedtime, I contemplate upon all the good things that happened during the day, instead of counting sheep to fall asleep.
• I hand out a “Thank you” card to someone.

TOGETHER
• I create a “gratitude tree” at home, in a park or somewhere else to hang on it reasons why I’m grateful.
• I create a “Good moves” gala and reward people for their good actions.

SOURCE OF INSPIRATION:
EVERYONE FINDS THEIR PATH

“THE PATH IS MADE BY WALKING.” — Antonio Machado

A path means a sense of direction, an invitation to find your purpose, set goals and make choices. It’s also what we do on that path to reach our goals, and everything we discover along the way that makes us choose to go on another path.

“At each fork along the way, the skyline is redefined.” — Verena Stefan

Meaning means going forward while being true to yourself, your values, your principles. When we can’t move forward, we can be anxious, uncomfortable, and even feel distress.

Along the way, take the time to celebrate your successes, take a break to be the present moment and focus.

“WE CANNOT CHANGE PAST EVENTS, BUT WE CAN TRY TO MAKE SENSE OF IT ALL.” — Jean Monbourquette

There is sense to every event we live — the people we meet, our daily interactions, all the small things we do. We are all connected to one another. Under certain circumstances, events can take on a new meaning that can be beneficial to our understanding of life, help us grow.

“We cannot change past events, but we can try to make sense of it all.” — Edward N. Lorenz

There is sense to every event we live — the people we meet, our daily interactions, all the small things we do. We are all connected to one another. Under certain circumstances, events can take on a new meaning that can be beneficial to our understanding of life, help us grow.

“IF THE FLAPPING OF A BUTTERFLY’S WINGS CAN CREATE A TORNADO, THEN IT CAN ALSO PREVENT IT.” — Edward N. Lorenz

There is sense to every event we live — the people we meet, our daily interactions, all the small things we do. We are all connected to one another. Under certain circumstances, events can take on a new meaning that can be beneficial to our understanding of life, help us grow.

Take our online survey at:
www.mouvementsmq.ca

MENTAL HEALTH DEFINITION
Insert the words in the right place to make sense.

take action — dynamic balance — society — enjoy engage — physical — difficulties

It represents a ___________ between the various aspects of our life: ___________, economical, spiritual, emotional and mental. Mental health helps us ___________ up to our potential, cope with day to day _______ and ___________ in our community. It is influenced by our living conditions and by the dominant values in our _______ as well as our own individual ones.

Being mentally healthy allows us to _________ life.

Here are THREE ELEMENTS that contribute to our well-being:
• Finding meaning;
• Acting on important matters;
• Recognizing and accepting the positive things around us.

Mouvement Santé mentale Québec (MSMQ) is a grouping devoted to create, develop and strengthen mental health.

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Take this card to someone who makes a real difference in your life.

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