



Living with Mental Health

Text On-screen: Recovery and living with mental illness

Narration: Recovery and living with mental illness

Text On-screen: an ongoing journey

Narration: is an ongoing journey.

Text On-screen: You may encounter setbacks and challenges

Narration: You may encounter setbacks or challenges.

Text On-screen: But with ongoing treatment and support

Narration: But with ongoing treatment and support,

Text On-screen: there is hope

Narration: there is hope.

Text On-screen: There are everyday strategies you can use to help you avoid setbacks

Narration: There are everyday strategies you can use to help you avoid setbacks

Text On-screen: and enjoy a healthy, active lifestyle.

Narration: and enjoy a healthy, active lifestyle.

Text On-screen: Some strategies are simple and straightforward

Narration: Some strategies are simple and straightforward.



Text On-screen: Start each day with a healthy breakfast

Narration: Start each day with a healthy breakfast

Text On-screen: with a healthy breakfast and take your medication as prescribed.

Narration: and take your medication as prescribed.

Text On-screen: Others may require more work...

Narration: Others may require more work,

Text On-screen: like recognizing your stress triggers

Narration: like recognizing your stress triggers

Text On-screen: and using stress management techniques

Narration: and using stress management techniques

Text On-screen: and skills learned in counselling.

Narration: and skills learned in counselling.

Text On-screen: Keep a healthy work-life balance

Narration: Keep a healthy work-life balance

Text On-screen: and look to the love and support of your family & friends

Narration: and look to the love and support of your family and friends.

Text On-screen: Learn to make time for yourself

Narration: Learn to make time for yourself



Text On-screen: and wind down with a relaxing activity.

Narration: and wind down with a relaxing activity.

Text On-screen: Then get yourself a good night's sleep,

Narration: Then get yourself a good night's sleep

Text On-screen: so you can wake up refreshed

Narration: so you can wake up refreshed,

Text On-screen: and ready to take on the challenges of the next day.

Narration: ready to take on the challenges of the next day.

Text On-screen: Manulife logo | Workplace Solutions for Mental Health

www.manulife.ca/mentalhealth

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