



**Mental Health Week in Canada** takes place from May 4th to May 10th and is a nationwide movement organized by the Canadian Mental Health Association. This week gives individuals, workplaces, schools, and communities a moment to pause and reflect on the importance of mental well-being.

According to the World Health Organization, globally, **2 in 8 people** are currently **living with anxiety or depression**, making these some of the most common mental health

challenges worldwide.

**Just as we take care of our physical health, our mental health deserves the same attention, understanding, and support.**

No matter where you are in the world, you can get involved by:

1. Starting a conversation

Talking openly about mental health helps reduce stigma. Check in with friends, colleagues, or family members and ask how they are doing. Even a short conversation can make someone feel supported.

2. Practice self-care

Take time to care for your own well-being. This could include going for a walk, exercising, journaling, meditating, or taking breaks from screens and work responsibilities.

3. Learn more about mental health

Mental Health Week is a great time to read articles, attend webinars, or explore educational resources about stress, burnout, and emotional well-being.

4. Show kindness and support

Small acts of kindness, such as sending a supportive message, thanking a colleague, or offering help, can positively affect someone's mental health.

5. Participate in your local or workplace activities

Many organizations host workshops, group discussions, wellness challenges, or awareness campaigns. Joining these events helps build a supportive community. Keep an eye out for any initiatives hosted by your Magna division during the year.

Stay tuned for this month's *Good For You Wednesday* emails to help you maintain good mental health!

*Written by: Elena Davakis, Health Promotion Coordinator*