

# #MyVoice: Strategies for Mental Health self-care

*I am useless at meditation but for a completely uplifting and positive mood changer singing with a choir as in the Canadian Military Wives Choir is what makes me feel good!*

*Indoor hobbies! I can't work here (QC) so I'm home all day and without my art or my writing I'd lose my mind.*

*Kickboxing! Seriously, though...even if I don't feel stressed before, punching and kicking work wonders!*

*These ideas and suggestions are all great, but bear in mind that if the mental health issue is depression, it's difficult, if not impossible, to motivate oneself to do the things you know will help, even when you know they will help.*

- Exercise
- Hobby
- Yoga
- Meditation



**(families engaged=50)**