



Reflect and discuss

# Mental health means balance



Many of the things we do in our daily lives make us feel good and help us achieve a sense of balance. When we're healthy, we feel **free, strong and able to manage our daily problems, and enjoy life.**

Many of the things we do each day contribute to our **sense of balance** by releasing feel-good chemicals in our bodies. For example, eating, exercising, socializing and listening to music release serotonin, dopamine and other neurotransmitters. But sometimes our “inner feel-good factory” is not enough. We might need or want more of a chemical, so we may consume cannabis or other psychoactive drugs such as tobacco, caffeinated drinks, alcohol or opioids.

## Activity steps

- Play [Mental health means balance](#).
- Give each participant a Mental health means balance handout and walk through the contents.
- Arrange participants into pairs or small groups and invite them to talk about and write answers to the ‘reflect and discuss’ questions.
- Debrief as a larger group.
- Give participants time and space to ‘get creative.’

## Reflect and discuss

- Reflect on your own sense of balance (mental, physical, emotional and spiritual).
- On a scale of 1-10, how balanced do you feel you are in each area? Explain why you feel that way.
- What makes you feel most alive inside? Why?

## Get creative!

- Write, draw, film or use another art form to reflect what you see or feel when you hear “mental health means balance.

## References

1. [Importance of Happiness Chemicals](#)
2. [Understanding Substance Use: A Health Promotion Perspective](#)