



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.

## 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."