



## The Importance of Prevention & Self-Care

### How inConfidence Supports Emotional Well-being

According to the Public Health Agency of Canada, mental health is “the capacity of each and all of us to feel, think, and act in ways that enhance our ability to enjoy life and deal with the challenges we face.” This definition likely doesn’t come as news to you, but are you also aware that positive mental health is just as important to our overall state of well-being as good physical health?

“An ounce of prevention is worth a pound of cure” is sound advice -- and it doesn’t only apply to physical health. Prevention also works to support mental health. **inConfidence** can help you learn techniques to manage stress, and put into practice preventative strategies to support emotional well-being. Contact us any time, 24/7, to speak confidentially with a professional consultant, who can help you:

- Understand the value of [self-care and of leisure time](#)
- [Recognize the importance of talking about your stressors](#) with friends, family, co-workers, or professionals you trust
- Introduce [small changes to help you balance work and life](#) more effectively
- [Distinguish between positive and negative stress](#), identify what’s causing you stress, and learn ways to manage unhealthy stress
- [Learn how to practice mindfulness](#), meditation, or deep breathing techniques
- [Build resilience and coping skills](#) so you’re able to face tough challenges with confidence and weather disappointment or failure
- [Become more self-aware so you know your limits](#), and become better able to recognize the signs and symptoms of a possible mental health problem
- [Adopt healthy sleep habits](#), a healthy diet that nourishes your body, and an exercise routine that boosts your energy

Access helpful articles, including:

- [Overload at Work](#)
- [How to Use the Employee and Family Assistance Program](#)
- [Quick Facts About Depression](#)
- [Are You Using Drugs or Alcohol to Cope with Depression or Anxiety?](#)
- [Concurrent Disorders](#)
- [Anxiety Disorders](#)
- [Bipolar Disorder](#)
- [Mental Health Disorders in Children](#)
- [Practicing Mindfulness](#)

Log in to your secure program website at [www.myinconfidence.ca](http://www.myinconfidence.ca) to access a wide range of resources on mental health issues -- from creating happiness to practicing positive thinking; and from dealing with stress, anger, or anxiety, to living with depression, schizophrenia, or addiction. Here are just some of the many ways that **inConfidence** can help you preserve your mental health:

**1) Start by taking a quick, simple self-assessment, such as:**

- [What's Your Stress Level?](#)
- [How Resilient Are You?](#)
- [Are You Experiencing Symptoms of Depression?](#)

**2) Make use of featured tools:**

- [Depression Centre](#): Personalized, interactive tools designed to help people deal with depression. Developed by clinical and scientific experts, the Depression Centre offers information and research-based support to help you and your loved ones understand depression, and how to improve the related symptoms. The Centre also includes online community support, mood assessment and trackers, as well as a 16-session Cognitive-Behavioural Therapy (CBT) program.
- [Understanding Stress/Increasing Resiliency](#): Web-based learning tutorial to help you understand and manage your stress more effectively. This interactive learning tool will help you identify your day-to-day stressors and become more knowledgeable in dealing with them.
- [Naturopathic Services](#): Supportive, educational telephonic coaching from qualified, licensed Naturopathic Doctors. Learn ways to restore and maintain your optimum health through well-studied nutritional and lifestyle changes that support your body's ability to heal. Includes eight individual naturopathic coaching programs, one of which is "Reduce Stress and Boost Energy".

**3) Listen to podcasts while you're out on a walk or at the gym:**

- [Pillars of Happiness](#)
- [Motivation](#)
- [Simplifying Your Life](#)
- [Depression](#)
- [Steps to a Healthier You](#)
- [Overcoming Anxiety](#)
- [Finding Contentment](#)

**4) Listen to full-length audio recordings/CDs on your commute:**

- [Fitting Work + Life Together](#)
- [Breathe – Managing Stress](#)
- [Simplify](#)
- [Sleep Well](#)
- [Optimizing Your Day](#)
- [60 Minutes to a Better You](#)
- [When Someone You Love is Depressed](#)

**Remember:** If you're struggling with stress or anxiety, if you're feeling sad or low, if you're overwhelmed and overloaded, or if you're concerned about someone you love, **inConfidence** can help. Contact us any time, 24/7, to speak confidentially with a caring, professional consultant. We can talk through your issues and concerns, answer your questions, provide guidance, suggest resources, and even refer you for counselling.

**Contact inConfidence toll-free: TTY: 1-877-371-9978 [www.myinconfidence.ca](http://www.myinconfidence.ca)**