



# Mental Health Matters with Amy Deacon

Head, Heart and Hands: The Path to  
Self-Empowerment and Healing

At times, it can feel as though we are living in a polarizing and tumultuous time. This can really take a toll on our mental health and wellness. However, there are steps we can take to help us become more aware of our thoughts and feelings and channel them in a healthy way. Here are 3 key takeaways from our session:

1. It's important for each of us to learn how to name and identify our emotions, as well as learn how to channel those emotions and release them. For instance, working out, writing out your thoughts and feelings, connecting with friends or seeking support from a mental health professional.
2. During these times of polarization, how can we connect with people who have different perspectives or opinions from our own? While it's easier said than done, we need to start from a place of curiosity – to do that, we need to have energy. We need energy to remain patient, compassionate and see the humanity in the person with whom we are speaking with. While this may feel like a tall order, remember that when we forfeit our curiosity and ability to relate to others, we risk further dividing ourselves relationally.
3. Remember that our intense emotions, like anger, sadness and fear – are like islands. We can go there to visit them, learn about them and figure out how to regulate them, but we cannot stay there permanently. This process of not over-attaching to heavy emotions demands a natural ebb and flow in our relationship with ourself and relationship with our emotions. Start by becoming aware of your thoughts and feelings, and greeting them with kindness, compassion and curiosity. Meditation can really help with this process!

## Ask yourself:

1. How do you lean into challenging conversations?
2. How are you able to see the humanity of others even when you disagree?
3. How has the past few years of political, economic and social justice issues impacted you?

Amy Deacon, MSW, RSW is the Founder and CEO of Toronto Wellness Counselling. Beyond running this inclusive and full-service therapy clinic, Amy is also a Registered Social Worker and Clinical Traumatologist.



Insurance

Disclaimer: The content is not intended to be a substitute for professional advice, diagnosis, or treatment. If you have mental health related questions, experience symptoms or in need of assistance, always seek the advice of your general physician, health care or mental health provider regarding your condition.

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