



Mental Health Matters with Amy Deacon

Mastering your mental health hygiene

We build habits on a daily basis to take care our physical wellness such as brushing our teeth, feeding ourselves and moving our bodies. It's just as important to build similar habits to look after our mental wellbeing. Here are 3 key takeaways from our session:

1. One of the hardest, yet most important parts about self-care is taking a deliberate pause – so that we may be able to identify both how we are feeling, as well as what we need. For some, this may be uncomfortable or unfamiliar. There are plenty of strategies to help ease you in this practice, such as a morning exercise routine, a short meditation, doing a gratitude practice, or simply taking a moment to enjoy your meal or coffee.
2. Be mindful of your relationship with busy-ness. As a collective, it is easy to become over-identified with being busy, almost as though it reflects our worth. However, part of achieving a state of health and wellness is learning about what fuels your wellness, such as the activities, hobbies and relationships that give you energy. We need to remember that we are meant for more than being busy bodies.
3. Self-care often demands boundaries. For instance, self-care demands that we prioritize ourselves. While this can initially feel very selfish, some discomfort is part of the process. Consider it short-term pain for long-term gain. Remember, your health and ability to perform in both your personal and professional lives depends on the quality of your input. This may take some time for both yourself and others to adjust to – but you are worth the time, energy and investment.

Ask yourself:

1. How is your being busy serving you? How is your being busy depleting you?
2. How do you feel about prioritizing your self-care?
3. What stops you from prioritizing your self-care?

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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