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Work-Life Balance: It's a Matter of Time



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Work/Life Balance

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"How I Practice Mental Fitness"

Please note that mental fitness story submissions should be no longer than 100 words and may be edited for content.

How do you practice mental fitness? [Send us your story!](#)

There are so many ways to practice mental fitness. Here are some real-life

I get up at 5:15 am and go swimming with my daughter from 6 am to 7 am in a pool. Swimming in the early part of the day gets me going for the rest of the day. My whole day goes smoothly. My ability to think through things has increased dramatically. It's a great way to practice mental fitness.
- **Heather**

On my very stressful and hard to handle days I just sit back, take a few deep breaths, watch my children play and laugh without a care in the world. I let them be on the floor and play with them and have some childish fun and quality time.
--- **Liz**

I joined the local women's hockey league that just started in my community. Learning how to play hockey and some haven't skated in ten years! Joining the league keeps me active playing three times weekly, keeps me socially connected, keeps my body in shape (which makes me feel great in those special jeans), and awesome women's hockey tournaments are like nothing else you could expect.
Hockey Woman

I am very busy in the community. As a student, I don't have a lot of time to spend time with my dog and children, take long walks through the river valley, or make certain to go to the gym at least 3 times a week. I love to paint and take downtime on the weekend. When I am stressed, nothing beats long bubble bath and a cup of tea. I like to curl up with a good book and drift into a little afternoon nap. It's like nothing else. Once a month, I go for a deep muscle massage. Works great.
--- **Lina**

I do a 4 day work week from Monday to Thursday 8A.M. to 2:30P.M. After work I make it a habit to stop at my health club and do a 1 hour workout involving cardiovascular endurance training--light wts. and more reps. My workout usually helps me get rid of any tension and headaches, and clears my mind. I spend leisure time

favourite music--the oldies, V.S.O. concerts. I also invest time reading good the contemporary ones. I practise speed reading and also enjoy the great o wherever I can find some sunshine and the ocean. --- **Angie**

When my moods get low I walk my two dogs in the beautiful parks near my the way they run and play and enjoy themselves makes me feel better. I als nature and the exercise and fresh air does wonders for me as well. --- **Lynr**

Recently I was diagnosed with ADHD, Non-Verbal Disability, anxiety and st allowed to work so I have been going to the "Y" and doing Pilates, Yoga, St Design and even Spinning. The instructors' noticed a difference in my body while doctors saw no improvement. I feel like a million dollars and that is wh **Barb**

I have suffered from chronic pain related to a car accident since '95, with su depression. About 2 years ago I began a journey which led me to a combin: work with a trainer at least 3 times per week now, and include walking, yog: into a lifestyle change). I have also completely changed my diet and I practi still have difficulties with depression and chronic pain, however there is mor life now. --- **Jan**

Give thanks everyday for your health. Make time to do the things that you e (walking, exercising, traveling to a favourite location- park or city). Make a c looking after yourself – only you can do this!

I have suffered at times from anxiety and phobias. I have found over the ye pronged approach works best: meditation and no caffeine. One calms the b the mind. Meditation has helped me develop perspective, have realistic exp others, and develop strategies to reduce stress. My quality of life would be : without my daily meditation practice. --- **Cynthia**

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