

KEY MESSAGES

- Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable.
- A healthy lifestyle can help to prevent the onset or worsening of mental health conditions, as well as chronic conditions like heart disease, diabetes, and obesity. It can also help people recover from these conditions.
- For those dealing with a chronic health condition and the people who care for them, it can be especially important to focus on mental health. When dealing with dueling diagnoses, focusing on both the physical and mental health concerns can be daunting – but critically important in achieving overall wellness.
- Humor, spirituality, recreation, animal companionship, and work-life balance are important for everyone, but may be of special importance to people also living with chronic health conditions and those who care for them.
- Finding a reason to laugh, going for a walk, meditating, playing with a pet, or working from home once a week can go a long way in making you both physically and mentally healthy.
- The company of animals – whether as pets or service animals – can have a profound impact on a person's quality of life and ability to recover from illnesses. A pet can be a source of comfort and can help us to live mentally healthier lives.
- Sometimes life is far from funny but finding humor in a situation can lift moods with laughter and help people to better deal with and overcome difficult experiences.
- Whether you go to church, meditate daily, or simply find time to enjoy that cup of tea each morning while checking in with yourself – it can be important to connect with your spiritual side in order to find that mind-body connection.
- Living a healthy lifestyle may not be easy but can be achieved by gradually making small changes and building on those successes.
- Finding the balance between work and play, the ups and downs of life, physical health and mental health, can help you on the path towards focusing both #4Mind4Body.

Feel free to supplement these key messages with the assorted statistics, research, and tips included in the fact sheets.