

Clear Health for January

Self-discovery isn't about fixing yourself; it's about understanding yourself. Opportunities to learn about yourself show up in the small stuff: what drains you after a long day, what lights you up without effort, what you complain about, what you daydream about. The more you know what you need, value, enjoy and struggle with, the more intentional your choices become.

Here is our “Wellness Wednesday” tip of the week that we encourage you to share, print or post in a common area for your employees.



Bell Let's Talk Day!

January 21st marked the 16th annual Bell Let's Talk Day! Bell Let's Talk Day is Canada's national day for conversation about mental health awareness. This year's theme is **taking a moment for mental health**. Canadians are encouraged to prioritize mental health and give mental health the moment it deserves. From breathing exercises, spending time in nature, digital detoxing or expressing gratitude, taking a moment for mental health can help build resilience, reduce stress and anxiety, foster social connection, improve mood and much more.



How: Bell Let's Talk Day is an opportunity for everyone to pause and:

- Take a moment to check in with yourself and practice self-care.
- Reach out to those around you, caring for the mental health of others.
- Recognize and celebrate the vital role mental health plays in our communities in different ways, through conversations, learning, and listening.
- Bell Let's Talk offers an online [toolkit](#) with resources created by the Canadian Mental Health Association (CMHA) and Kids Help Phone, designed to help people create meaningful moments that support mental well-being. Content includes a mental health conversation guide, classroom resources, self-care activities, and much more.

Where: Bell Let's Talk Day activities, on-air programming and special events taking place in communities across Canada, inviting everyone to take a moment for mental health.

Visit BellLetsTalk.ca for more information.

Bell Let's Talk Day amplifies stories of resilience, shares resources for mental health support, and reminds everyone that mental health is as important as physical health! As always, here is our "Wellness Wednesday" tip of the week that we encourage you to share, print or post in a common area for your employees.

Struggling with your mental health?

Don't buy the stigma.
It's not a sign of weakness.



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Canadian Mental
Health Association
Mental health for all