

# MAKE CHOICES To Open Doors

## 7 Tips to Mental Health

Mouvement Santé mentale Québec proposes 7 tips to help maintain good individual and collective mental health

Learn here about the tip called **MAKE CHOICES**: [www.etrebiendanssatete.ca](http://www.etrebiendanssatete.ca)

### Did you know?

- Young people who are offered more choices while in school show greater motivation to learn.
- Being able to make choices leads to better psychological health, more energy, and improved interpersonal relationships.
- Feeling free to make choices in the workplace increases motivation, well-being, and satisfaction.
- In senior housing and CHSLD's (long-term care facilities), having a sense of choice can prolong life.

## WHAT DOES IT MEAN TO MAKE CHOICES?



It means:

- Letting yourself be guided by your values and needs;
- Finding flexibility in situations where choices are limited;
- Feeling autonomous;
- Feeling motivated and empowered;
- Feeling competent;
- Taking the risk of sacrificing one thing for another;
- Taking responsibility for your choices;
- Allowing yourself to re-evaluate your choices;
- Boosting your self-esteem, creativity, and sense of well-being.

### Did you know?

#### Being autonomous and fostering autonomy go hand in hand.

Creating environments that encourage autonomy and offer others as much choice as possible promotes our own mental and physical health and that of others.

Providing opportunities to make choices contributes to life-long healthy social development and personal well-being.

## KEYS FOR MAKING CHOICES



Ask yourself questions:  
What do I need? What do I want?  
What is realistic right now?  
What will the consequences of my choice be?  
Am I willing to take responsibility for them?  
Is my choice consistent with my values?

### Consider the options available.

**There is rarely just one option.** Find the one that best suits the situation at hand.

Take the time to recognize your particular strengths, skills and assets. This will build confidence in your choices.

Take the time to evaluate the positive outcomes and possible obstacles. This will help you determine the path to take to achieve your goals



Identify one positive effect that reaching this goal will have on your life.



Identify one obstacle that may slow you down or prevent you from reaching your goal.



Repeat these steps with every new goal you set.

**Get informed.** It is easier to make an informed choice when you have all the information you need to fully understand the various aspects involved.

**Make a list of pros and cons.** This is an easy method that has proven to be effective! Compiling such a list lets us take a step back and evaluate before making a choice.

## TIPS TO HELP SOMEONE ELSE MAKE CHOICES



- Offer the person as many choices as possible, even in tight situations. For example, let him/her choose the when and the how.
- Encourage the person to seek solutions and gather resources.
- Clarify the reasons behind the rules and limitations.
- Provide opportunities for the person to take initiative and act independently.
- Be mindful of the person's difficulties.
- Do not deprive the person of hope.
- Help identify where there is wiggle room.

**Open the other door to learn more about the 7 ways to recharge your batteries**



## WILL YOU CHOOSE THIS DOOR?

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# GREAT! YOU MADE A CHOICE

Now, what is the next one?



## WHAT IS MENTAL HEALTH?

Mental health is a dynamic balance between the different spheres of life: **social, physical, spiritual, economic, emotional, and psychological**. It enables us to act, to realize our potential, to cope with life's daily challenges and to contribute to the community. It is influenced by living conditions, prevailing collective values and each individual's own values.



**Mental health** is an individual and collective asset. Good mental health is what allows us to enjoy life.

## 7 USEFUL TIPS TO USE EVERY DAY!

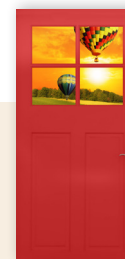
Mouvement Santé mentale Québec will focus on one of the 7 tips to recharge your batteries every year until 2026.

**The 7 tips create a solid foundation to help us maintain good individual and collective mental health.**

To learn more about these tips or explore our tools visit [etrebiendanssatete.ca](http://etrebiendanssatete.ca).



Open the other door  
to learn more about  
the tip: **Make choices**



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Mouvement Santé mentale Québec (MSMQ)  
is a group devoted to creating, developing  
and strengthening mental health.

[etrebiendanssatete.ca](http://etrebiendanssatete.ca)

A QUÉBEC-WIDE PRESENCE THROUGH THE MOUVEMENT  
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SMQ – Pierre-De Saurel • ACSM – Filiale de Québec  
ACSM – Filiale Saguenay • CAP Santé Outaouais  
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WE THANK:

Le ministère  
de la Santé et des  
Services sociaux



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