

## Some of the positive impacts of being mentally healthy include:

- improved general well-being,
- improved sense of life meaning and purpose,
- improved self-confidence and self-esteem,
- improved productivity,
- improved energy levels,
- improved coping mechanisms,
- the ability to balance work and play, rest and activity,
- decreased risk of mental illness,
- better decision making,
- promotion of a strong immune system,
- the flexibility to learn new things and adapt to change,
- the ability to build and maintain fulfilling relationships, and
- the ability to deal with stress and bounce back from adversity.

**Our minds are  
beautiful, complex,  
and individual.**

## Time to Take a Dump!

A mind dump is a way to untangle your mind. It is simply the act of dumping all the contents of your mind onto a blank page in the same way you might dump the contents of a bag onto a table. It's like opening a valve in your mind and letting your stressors, nagging thoughts, mental clutter and annoyances flow out onto a piece of paper.

### Key Tips:

- Let the contents of your mind flow onto the page, no matter how silly they seem. That way they won't clutter up your mind!
- Your writing doesn't have to make sense.
- It doesn't have to be neat.
- Don't judge the thoughts.
- It doesn't have to follow any particular order.
- Stop if you feel overwhelmed.
- Write until you feel the pressure inside you has lessened.