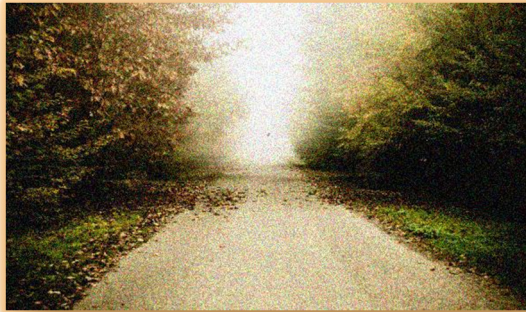


**LOOKING DIFFERENTLY  
AT OURSELVES AND OTHERS**  
A PRACTICE TO  
PROMOTE MENTAL HEALTH

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***There is a path to well-being.***

Mental health refers primarily to our inner health and well-being. When we feel good about ourselves, we experience a sense of personal worth, strength, resourcefulness, purpose and belonging that allows us to thrive in life and face its various challenges.

The thoughts we entertain about ourselves and identify with, individually and collectively, are either positive and supportive or negative and harmful. They determine the way we perceive and relate to ourselves, others and life.

When we identify with thoughts inspired by love, trust, openness, resourcefulness and connectedness, we feel good about ourselves, others and life and experience joy, peace and positive mental health.

*Voir français à l'endos*

However, when we identify with thoughts based on fears, doubts and judgments, we feel bad about ourselves, others and life and experience confusion, conflict and mental health problems. We feel "different" and separated from others.

The good news is, when we become aware of the negative thoughts we entertain about ourselves, others and life, (and we all do!), we can decide to let them go.

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We all have inner health, wisdom, strength and resourcefulness to discover and nurture. Our capacity to mentally flourish may be challenged or may seem quite diminished at times but it is always there.

Taking care of our mental health first requires being mindful of the thoughts we entertain about ourselves, others and life. These thoughts are largely responsible for the way we react and behave in the various situations of our lives. They reflect either a vision of trust, resourcefulness and health or a vision of fear, judgment and illness.

Although our negative thoughts are no more than thoughts, they can distort the perception of our true value, identity and resourcefulness and result in harmful behaviors, victimization and illness.

We can break the cycle of negative thoughts, fears, doubts and judgments we have about ourselves, others and life and get our health back.

A mental health promotion practice allows us to free ourselves from our judgmental thoughts of ourselves and others and leaves more mental space to express and experience everything we are and everything we are capable of. We progressively let our positive mental health be and flourish.

The promotion of good mental health is a day-to-day process that demands vigilance, patience, gentleness and determination. However, it is accessible to all and, more importantly, it really works!

The secret is to remain consistent with our decision to let go of the negative thoughts so as to increase the experience of our inner health, strength and resourcefulness.

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We are all direct participants in our experiences and reality. We are all capable of mindful and responsible choices. We all have the power and resourcefulness to change the way we look at ourselves, others and life and to behave accordingly.

Looking differently at ourselves and others can transform our lives. We are all together in this adventure and the progress of one supports the progress of another.

***Feel free to contact me and I will guide you on your path back to health, peace and inner well-being.***

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