

# SUPPORTIVE **COMMUNITY ENVIRONMENTS** PLAY AN IMPORTANT ROLE IN OUR MENTAL FITNESS

THERE ARE COUNTLESS FORMAL AND INFORMAL WAYS COMMUNITIES CAN SUPPORT OUR THREE BASIC PSYCHOLOGICAL NEEDS FOR **COMPETENCE, AUTONOMY, AND RELATEDNESS**, WHICH HELP IMPROVE OUR MENTAL FITNESS.

Here are some examples of how **community organizations** can get the gears of mental fitness turning:



SUPPORTING MENTAL FITNESS THROUGH PROGRAMS AND ACTIVITIES CAN HELP COMMUNITY ORGANIZATIONS ACHIEVE THEIR MISSION AND MANDATE AND ENHANCE COMMUNITY ENGAGEMENT.



## AUTONOMY

Provide meaningful ways for people to voice their thoughts on important issues in the community and get involved in things that matter to them.

## COMPETENCE

Offer formal and informal volunteer opportunities where people's skills and talents can be developed, used, and appreciated.



## MENTAL FITNESS

Mental fitness is having a positive sense of how we feel, think, and act, which improves our ability to enjoy life.

## RELATEDNESS

Create friendly, supportive neighbourhoods through formal and informal opportunities for people to gather and connect.



Mental Fitness in your community plays an important role in creating a Supportive Environment for Wellness.

For more ideas on incorporating a mental fitness approach in your community activities or events visit: [www.wellnessnb.ca/resources/MFtips](http://www.wellnessnb.ca/resources/MFtips)

