

Building mental resilience



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Many Canadians are reporting an increase in mental health challenges over the last two years, and experts and advocates are responding with a drive to create awareness about the importance of mental wellness as well approaches for building mental resilience. This special feature will explore trends in the field as well as leadership in advancing mental wellness across Canada.

Proposed topic highlights:

- NAVIGATING ADVERSITY** – How to mitigate the impact of stress and negative circumstances.
- ADVANCING UNDERSTANDING** – Research findings and advocacy improving outcomes.
- CARING WORKPLACES** – Leadership in promoting mental wellness at work.
- SUPPORT** – Resources for information and community support.

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