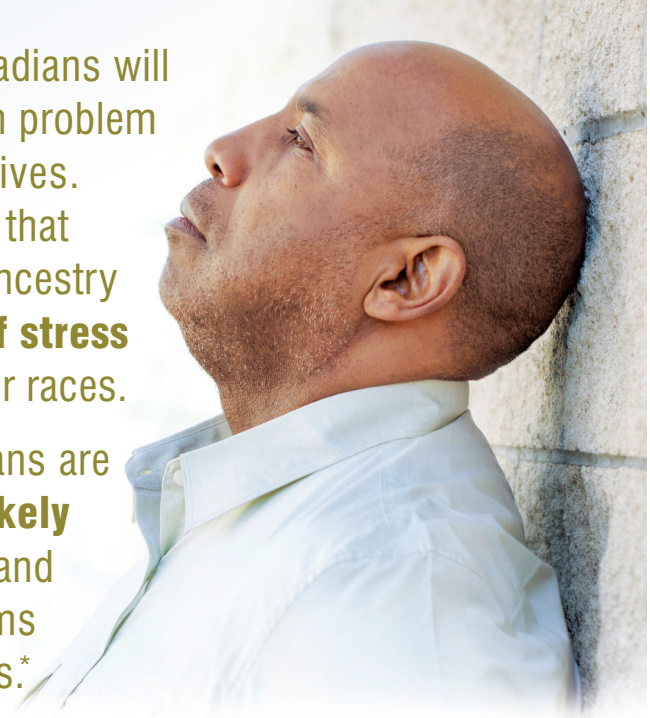


STRESS and African Nova Scotians

One in five adult Canadians will suffer a mental health problem or addiction in their lives. Research has shown that people with African ancestry have **higher levels of stress** in comparison to other races.

Adult African Canadians are **20 per cent more likely** to experience stress and mental health problems than adult Caucasians.*



What enables good mental health?

Mental health is part of overall wellness, and is made up of a number of factors. Here are some of the building blocks for good mental health:

Healthy relationships ■ Supportive community and strong social connection
■ Healthy eating and physical activity ■ A safe and secure environment ■ Good quality sleep
■ Talking to friends and family about how you feel ■ Taking time for things that matter in your life such as leisure activities ■ Recognizing your strengths ■ Spirituality

*Reference can be found online at www.NSbrotherhood.ca

HEALTH AND WELLNESS WITH AFRICAN NOVA SCOTIAN MEN

Symptoms of stress

PHYSICAL

Headache ■ Fatigue ■ Trouble sleeping ■ Aches and pains ■ Loss of sexual drive

MENTAL

Difficulty concentrating ■ Difficulty making decisions ■ Restlessness

CAUSES OF STRESS

Family problems ■ Relationship challenges ■ Financial and work-related challenges ■ Illness or injury (self or family members) ■ Separation/divorce ■ Legal issues ■ Death of loved one ■ Discrimination ■ Racism

It is important to get support for dealing with stress. Research has shown long-term stress can be linked with:

Heart Disease ■ High Blood Pressure ■ Pain ■ Anxiety

When to reach out for support

EMOTIONS

Feeling down ■ Sadness ■ 'The Blues' ■ Nervousness / worried ■ Panic ■ Anxiety ■ Feelings of depression ■ Low energy

IF YOU ARE EXPERIENCING

Thoughts of self-harm ■ Drinking / using drugs ■ Family problems ■ Relationship problems ■ Work-related problems ■ Loss of interest

Who to talk to:



The
Nova Scotia
Brotherhood
Team



NSBI
Social
Worker



Your
Family
Doctor



Addictions
Outreach
Worker

There is no health without mental health

Give us a call today. Nova Scotia Brotherhood offers free health and wellness services with African Nova Scotian men. We will work in collaboration with your regular health care providers to improve access to care and the health of the community.

902.434.0824

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www.NSbrotherhood.ca

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health authority