

A green road sign with white text is mounted on two wooden posts. The sign is rectangular with rounded corners and a white border. It is positioned on the left side of a paved road that curves into the distance. The background features a dense forest of green trees and a rocky hillside on the right. The sky is overcast with grey clouds. The text on the sign is in a bold, white, sans-serif font.

**I want to relax, but
my head is full of
racing thoughts.**

What's "normal?"

Whatever you're feeling is perfectly normal.

That said, signs of good mental health include being aware of your abilities, being able to cope with the stresses of daily life, being able to work productively, and being able to participate in your community. If you feel detached from the people around you, overwhelmed by stress, or too distracted or distraught to be productive, those are all signs that your mental health may be struggling.

If you see the signs, there are resources and support services available to you.

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