

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 set against a background of a snowy forest with tall evergreen trees. A snow-covered road with tire tracks leads into the distance.

**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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