

Preventing mental health Ills

**Re: Medications not the
only way to treat mental
health, Dec. 17.**

Dr. Peter MacLean is right with his statement that pills are not the only way to deal with mental illness and also that "an ounce of prevention is worth a pound of cure."

People popping pills or eating a huge amount of heavy food or sitting glued on their

chair all day without going for a walk or breathing some fresh air are not promoting a healthy lifestyle.

Happy relationships are also essential. Countries which focus on family values, including respect and care to the elderly, do not have so many cases of mental illness as in countries more focused on individualism, where some elderly people are left to fend for themselves with stress and anxiety.

The many ways to cope with loneliness at any period of our life, which may lead to some kind of desperation, are so simple. Just take a pen and write. This allows the thoughts to be expressed and liberated. Create a wonderful world with a pen. Secondly, nothing is more peaceful for the soul than to walk among flowers, listen to the birds during the summer and to produce artistic work during the winter. Thirdly, keep in mind that great friendships are more important than the pursuit of gold.

During the Christmas season, we must be able to express our gratitude to the people who helped us to become what we are today.

Gratitude was the first word expressed by the Roman Emperor Marcus Aurelius at the beginning of his memoirs. It is simple to be grateful. It will add up to a good mental attitude because it made us appreciative of the wonderful life we have.

ALICE SWANN,
Ottawa

THE OTTAWA CITIZEN

MONDAY, DECEMBER 20, 2010