



MENTAL HEALTH

In your own words

IMPORTANT NOTE:

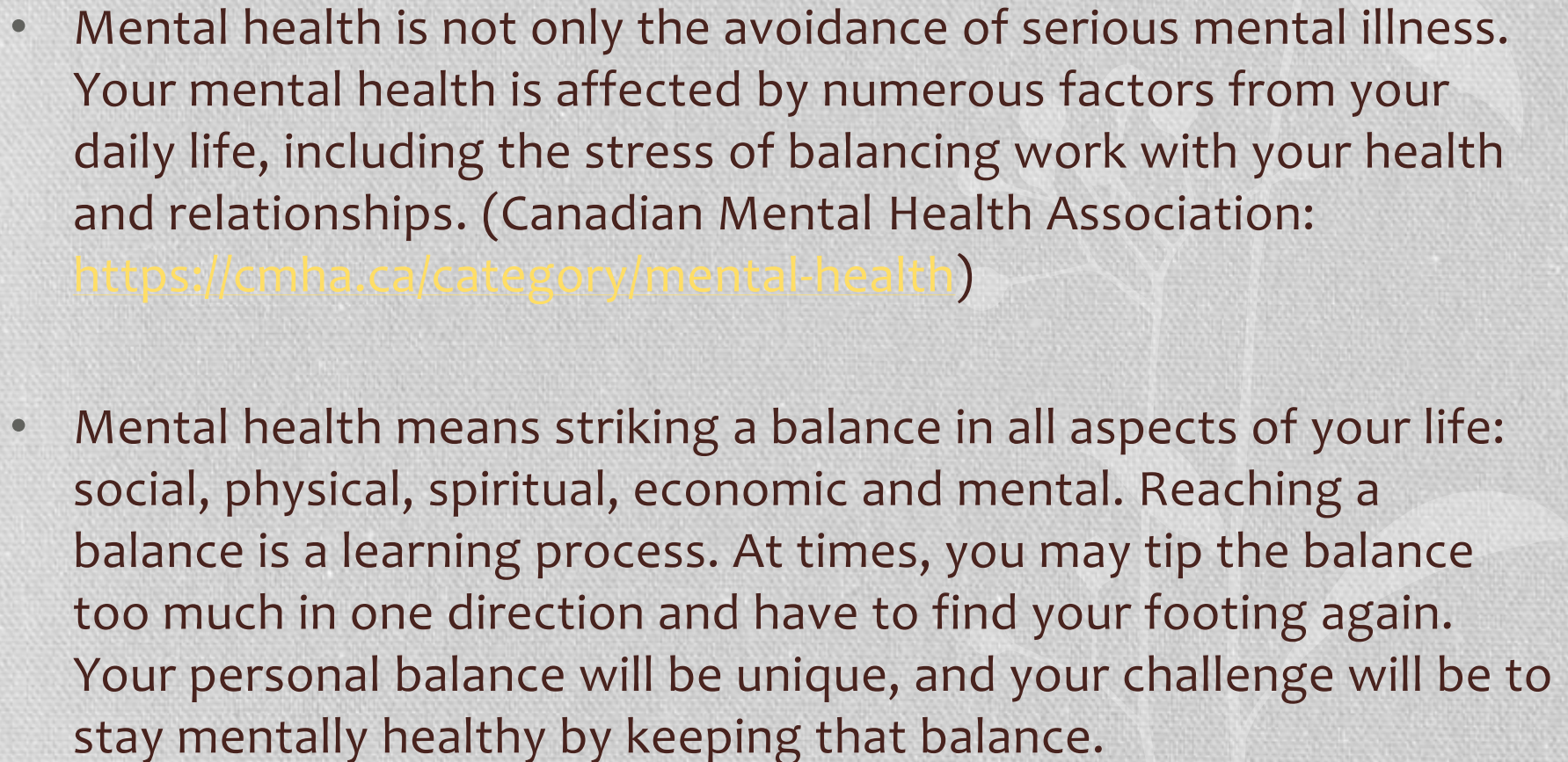
- Today we are talking about Mental HEALTH, not Mental ILLNESS
- Mental Health is something that we ALL need to be aware of
- If you aren't feeling mentally healthy, it DOES NOT mean that you are Mentally Ill
- You need to work on your Mental Health to maintain it
- You should NEVER be ashamed to talk about your Mental Health

What is mental health? What does that mean and what does it look like?

- the well-being of a person's brain. mental health is how you cope and how you deal with situations as well as your emotions
- Mental health is the overall well being of your mind and body. It means to be healthy in all aspects of your life. Your mental health often portrays your personality and mood.
- your well being and they way your mind works. you cant exactly see it, the only thing you'd be able to see is their behaviour

What is mental health? What does that mean and what does it look like?

- It controls how you act and what you think & feel.
- how you process thoughts and feelings
- mental health is the well being of your brain. This is something that you may or may not be able to see depending on the state and situation of the person.
- Mental health is a person's psychological well-being, which can mean the way a person thinks and feels emotionally about themselves. I think it can vary from person to person because of the way different people handle it.

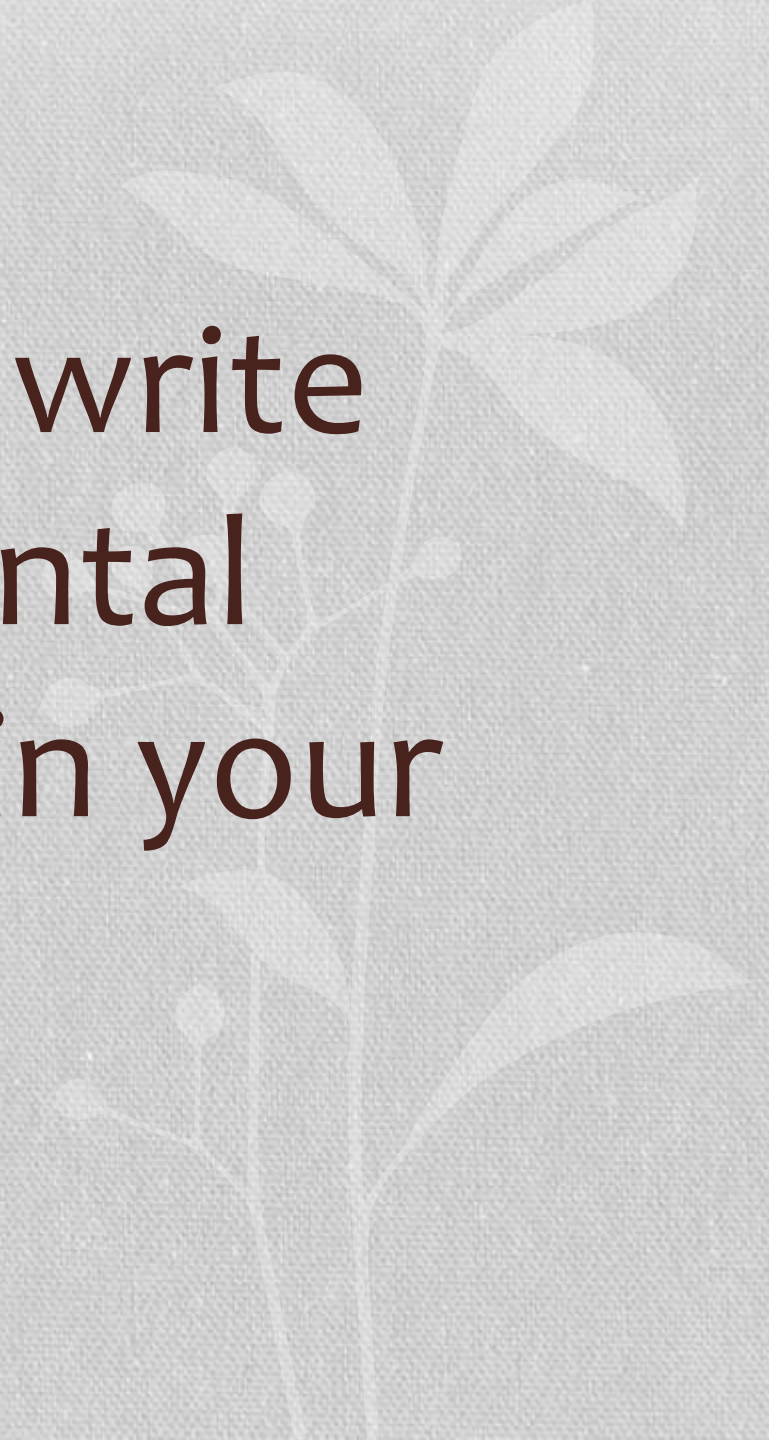
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- Mental health is not only the avoidance of serious mental illness. Your mental health is affected by numerous factors from your daily life, including the stress of balancing work with your health and relationships. (Canadian Mental Health Association: <https://cmha.ca/category/mental-health>)
 - Mental health means striking a balance in all aspects of your life: social, physical, spiritual, economic and mental. Reaching a balance is a learning process. At times, you may tip the balance too much in one direction and have to find your footing again. Your personal balance will be unique, and your challenge will be to stay mentally healthy by keeping that balance.


From your textbook (pg. 91)

- Does mental health mean having no problems? No, but it does imply an ability to recognize the nature of these problems and to deal with most of them before they get out of hand. Although mental health is not related to intelligence or expertise, it does suggest the capacity to use the abilities we have in ways that allow us to function in a state of mental and emotional well-being. What are the characteristics of a healthy mind? Psychologists have suggested the following indicators of mental health:

- Mentally healthy people generally observe and understand what is going on around them.
- They judge their own reactions and capabilities realistically.
- They are aware of their own motives and feelings and can control their behaviour.
- They may sometimes act without thinking about consequences, but they can restrain their impulses when necessary.
- While they may not always behave as society expects, they do so deliberately and with a reason.
- They appreciate their own worth and feel accepted by others in their lives.
- They are capable of forming close and satisfying relationships with others and of being sensitive to others' needs as well as their own.

Now *STOP* and write
down what *Mental*
Health means, in your
own words.



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- Assessing our mental health is not as simple to do as measuring our physical health. There are no scales or endurance tests that rate mental fitness.
 - At some point, take this test: www.cmha.ca/mental_health/mental-health-meter/
 - with the help of the Canadian Mental Health Association's **Mental Health Meter**, you can reflect on your unique strengths and identify areas where your level of mental fitness could be improved to help you cope with all of life's up and downs.

Clearly, I could use some work...

- **Ability to enjoy life**
- **Your score is: 2**
- If you scored **less than 3 points**, your enjoyment of life is being diminished by anxiety and worry. Some of your concerns are based on real problems, but many are “what ifs” and “maybes”.

- **Resilience**
- **Your score is: 2**
- If you scored **less than 3 points**, your resilience may be too low. You isolate yourself during tough times, and the lack of support and other perspectives means you tend to stay focused on the negative.

Clearly, I could use some work...

- **Balance**

- **Your score is: 3**

- If you scored **3-6 points**, your life has a fair to good degree of balance. The higher your score, the stronger your realization that there are many facets to your life that are important to you and deserving of your interest and attention.

- **Self-actualization**

- **Your score is: 0**

- If you scored **less than 3 points**, you are lacking in self esteem. You tend not to trust other people's good opinions of your abilities and talents, nor do you feel that you could truly make more of your life.

Clearly, I could use some work...

- **Flexibility**
- **Your score is: 1**
- If you scored **less than 3 points**, you are not as flexible as you could be in your opinions or expectations. This rigidity can create a strong sense of frustration.

Mental Fitness Tips

- Think about your emotional well-being. Assess your emotional health regularly. Consider the particular demands or stresses you are facing and how they are affecting you. Give yourself permission to take a break from your worries and concerns. Recognize that dedicating even a short time every day to your mental fitness will reap significant benefits in terms of feeling rejuvenated and more confident.

Here are some simple ways to practice mental fitness:

- Daydream** – Close your eyes and imagine yourself in a dream location. Breathe slowly and deeply. Whether it's a beach, a mountaintop, a hushed forest or a favourite room from your past, let the comforting environment wrap you in a sensation of peace and tranquility.
- “Collect” positive emotional moments** – Make it a point to recall times when you have experienced pleasure, comfort, tenderness, confidence, or other positive emotions.
- Learn ways to cope with negative thoughts** – Negative thoughts can be insistent and loud. Learn to interrupt them. Don't try to block them (that never works), but don't let them take over. Try distracting yourself or comforting yourself, if you can't solve the problem right away.
- Do one thing at a time** – For example, when you are out for a walk or spending time with friends, turn off your cell phone and stop making that mental “to do” list. Take in all the sights, sounds and smells you encounter.

Here are some simple ways to practice mental fitness:

- **Exercise** – Regular physical activity improves psychological well-being and can reduce depression and anxiety. Joining an exercise group or a gym can also reduce loneliness, since it connects you with a new set of people sharing a common goal.
- **Enjoy hobbies** – Taking up a hobby brings balance to your life by allowing you to do something you enjoy because you want to do it, free of the pressure of everyday tasks. It also keeps your brain active.
- **Set personal goals** – Goals don't have to be ambitious. You might decide to finish that book you started three years ago; to take a walk around the block every day; to learn to knit or play bridge; to call your friends instead of waiting for the phone to ring. Whatever goal you set, reaching it will build confidence and a sense of satisfaction.
- **Keep a journal** – Expressing yourself after a stressful day can help you gain perspective, release tension and even boost your body's resistance to illness.

Here are some simple ways to practice mental fitness:

- **Share humour** – Life often gets too serious, so when you hear or see something that makes you smile or laugh, share it with someone you know. A little humour can go a long way to keeping us mentally fit!
- **Volunteer** – Volunteering is called the “win-win” activity because helping others makes us feel good about ourselves. At the same time, it widens our social network, provides us with new learning experiences and can bring balance to our lives.
- **Treat yourself well** – Cook yourself a good meal. Have a bubble bath. See a movie. Call a friend or relative you haven’t talked to in ages. Sit on a park bench and breathe in the fragrance of flowers and grass. Whatever it is, do it just for you.

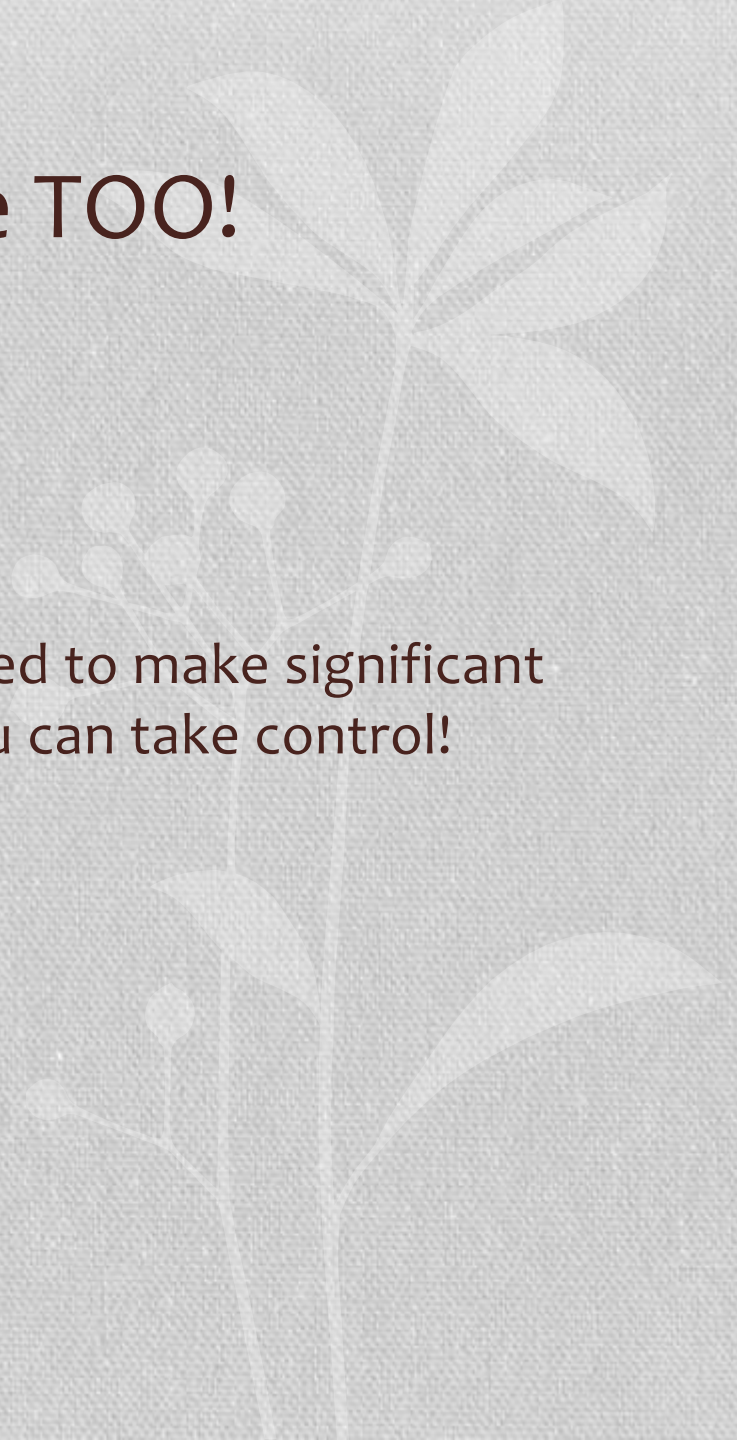
No matter what, you're going to experience STRESS and challenges

- The key is to find a sense of BALANCE
- <https://cmha.ca/work-life-balance-quiz>
- Guess what?



I could use some help here TOO!

- **Your score is: 5**
- **What Your Score Means**
- **0 – 5:** Your life is out of balance – you need to make significant changes to find your equilibrium. But you can take control!



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Unfortunately, FEAR and SHAME prevent many of us from talking about our Mental Health



<https://youtu.be/BvpmZktlBFs>