



## **MENTAL HEALTH AND WELLNESS**

**Defining Mental Health and Wellness** *Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.*

*Wellness is a conscious, self-directed, and evolving process of achieving full potential. It is multidimensional and holistic, encompassing lifestyle, mental and spiritual well-being, and the environment. Wellness is positive and affirming and an active process through which people become aware of, and make choices toward, a more successful existence.*

### **What can alter your mental health and wellness?**

*There are different types and degrees of severity of mental health. Some of the major types include anxiety, schizophrenia, bipolar mood disorder, personality disorder, eating disorders, and depression. However, mental health can include many other experiences over the course of your life. Many factors contribute to mental health problems, including:*

- ☐ *Life experiences, such as trauma or abuse*
- ☐ *Family history of mental health problems*
- ☐ *Long-term and acute stress*
- ☐ *Biological factors such as genetics, chemistry and hormones*
- ☐ *Use of alcohol, drugs and other substances*
- ☐ *Cognitive patterns such as constant negative thoughts and low self esteem*
- ☐ *Social factors such as isolation, financial problems, family breakdown or violence*

### **Maintaining a Positive Mental Health and Wellness**

- ☐ *Contributing to your environment and community, and building a better living space and social network*
- ☐ *Enriching life through work, and its interconnectedness to living and playing*
- ☐ *Developing a belief system, values, and creating a world-view*
- ☐ *Benefiting of regular physical activity, healthy eating habits, strength and vitality as well as personal responsibility, self-care and seeking medical attention*
- ☐ *Positive self-esteem, self-control, and determination as a sense of direction*
- ☐ *Creating and stimulating mental activities, and sharing your gifts with others*

### **GOOD COPING SKILLS**

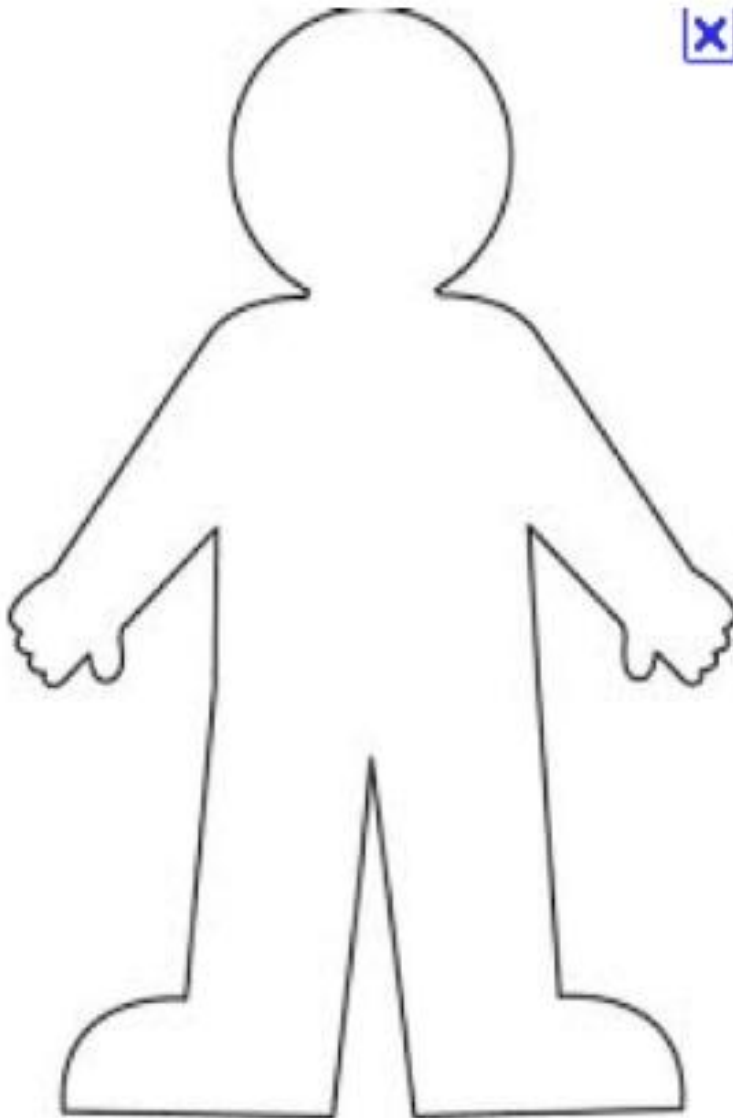
*Meditation and Relaxation Techniques  
Time to Yourself  
Physical Activity  
Reading  
Friendship  
Humor  
Hobbies  
Spirituality  
Pets  
Sleeping  
Nutrition*

### **TEN TIPS FOR BETTER MENTAL WELLNESS**

*Build Confidence  
Accept Compliments  
Make Time for Family and Friends  
Give and Accept Support  
Create a Meaningful Budget  
Volunteer  
Manage Stress  
Find Strength to Share with Others  
Identify and Deal with Moods  
Learn to Be at Peace with Yourself*

Name: \_\_\_\_\_

When I feel worried or stressed, my body might show signs of worry. Here are the signs that I might feel:



Headache

Tears/crying

Breathing fast

Sweaty hands

Stomach hurts

Dizzy

Heart beating fast

Cold

Tight neck and  
shoulder muscles