Mental Health

Mental health affects how we think, feel and act. It can also determine how we react to situations, environments, and people. It can be a determining factor in what choices we make and how we deal with the consequences of those choices.

Factors that can lead to mental health concerns include:

- ✔ Family History
- ✔ Biological factors, like genetic make-up
- ✔ History of trauma, abuse, or neglect
- ✔ Living in an environment where basic needs are not easily met

What is Good Mental Health?

Good mental health, according to the World Health Organization, is defined as a state of well-being where individuals are able to:

- Realize their own potential
- Work productively
- Cope with the normal stresses of life
- Make a positive contribution to the community

Self-care is a major component to positive mental health.

> "Not until we are lost do we begin to find ourselves"
> – Henry David Thoreau

Did You Know?

Mental and psychological well-being encompass the way a person feels about themselves. It also supports how a person deals with external situations and the quality of relationships.

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TOP **6** TIPS
for GOOD MENTAL HYGIENE:

1 Expressing Gratitude

2 Making Time for Rest and Play

3 Learning to Let Go

4 Forgiving Yourself

**5** Connecting with Nature

6 Practicing High Quality Self Care

Impression Awareness

Stigma is when someone views you in a negative way because you have a distinguishing characteristic or personal trait that's thought to be, or actually is, a disadvantage (a negative stereotype).

Some of the harmful effects of stigma can include:

- Reluctance to seek help or treatment
- Lack of understanding by family, friends, co-workers or others
- Fewer opportunities for work, school or social activities or trouble finding housing
- Bullying, physical violence or harassment
- The belief that you'll never succeed at certain challenges or that you can't improve your situation
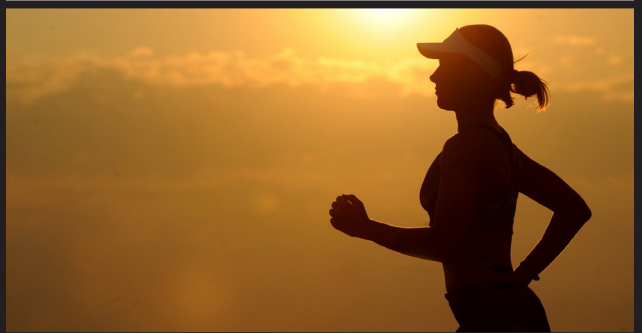
Resources

- **Suicide Prevention Hotline:** 1-800-273-TALK
  National Substance Abuse and Mental Health Services Administration:
  www.samhsa.gov/find-help/national-helpline
- **National Alliance on Mental Illness:**
  www.nami.org
- **National Institute for Mental Health:**
  www.nimh.nih.gov
- **U.S. Department of Health & Human Services:**
  www.mentalhealth.gov