

WHAT IS MENTAL HEALTH?

So What Is Mental Health?

It is the health of our thoughts, feelings, and behaviour. It is often heard about when someone is struggling, but everyone has mental health, just like everyone has physical health. Sometimes it can be really good, sometimes it can be really poor, or anywhere in between. When our mental health is good, we can enjoy life, deal with everyday challenges, and have healthy relationships. Poor mental health, however, can impact our ability to function properly, stop us from enjoying life, and negatively affect our relationships.



Signs Of Good Mental Health

Feeling Good: Feeling generally happy and positive most of the time.

Dealing with Stress: Being able to handle stress and bounce back from setbacks.

Self-Esteem: Having a good self-image and confidence.

Healthy Choices: Making positive decisions for your physical and mental well-being.

Connecting: Being able to form and maintain healthy relationships.

Signs Your Mental Health May Need Attention

Feeling Down: Feeling sad, anxious, or numb for weeks or months at a time

Feeling Out of Control: Having intense emotions that you can't manage, which might lead to harmful coping strategies, behavior changes, or physical symptoms.

Energy Levels & Sleep: Feeling very tired or having unusually high energy over a long period, trouble falling asleep, frequent waking, or having excessive nightmares.

Withdrawing: Not wanting to be around others or do things you usually enjoy.

Changes in Behaviour: Acting very differently, like being overly angry or extremely quiet.

Changes in Concentration & Motivation: Big shifts in motivation and concentration compared to your usual levels.



Why People's Mental Health May Deteriorate

Mental health deterioration can stem from various factors:

Early Life Experiences and Trauma: Unresolved trauma and significant life stressors.

Psychological Factors: Coping mechanisms, thought patterns, and belief systems.

Social Factors: Family dynamics, socioeconomic status, and community support.

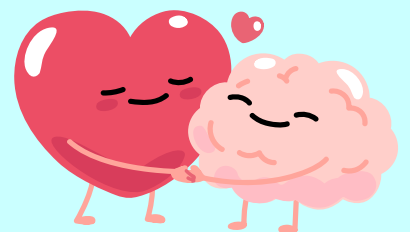
Biological Factors: Drug and alcohol use, genetic predispositions, chronic illness, or traumatic brain injuries.

Mental health deterioration can be your body's way of communicating that something is wrong and needs addressing.



Link between Mental and Physical Health

Mental health and physical health are interconnected: Poor mental health can lead to physical symptoms & illness like headaches, fatigue, digestive problems, and sleep disturbances, heart disease, diabetes, and hypertension.



Getting Help and Support

Talk About It: Share your feelings with someone you trust, like a parent, teacher, or friend.

Professional Help: If needed, talk to a school counselor, GP, or mental health professional.

Self-Care: Engage in activities you enjoy, and make sure to relax and spend time with friends.

Healthy Habits: Sleep - Ensure you get enough rest, Diet - Eat well to provide your brain and body with the necessary nutrients, Exercise - Regular physical activity is crucial, whether it's dancing, yoga, walking your dog, or hitting the gym.



Remember, taking care of your mental health is just as important as taking care of your body. It's okay to ask for help and talk about your feelings.

it's  ok
not to
be  ok