



Mental Wellness

Being the best version of you!

What is Mental Wellness

- *According to the World Health Organization, mental health is defined as a “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”*



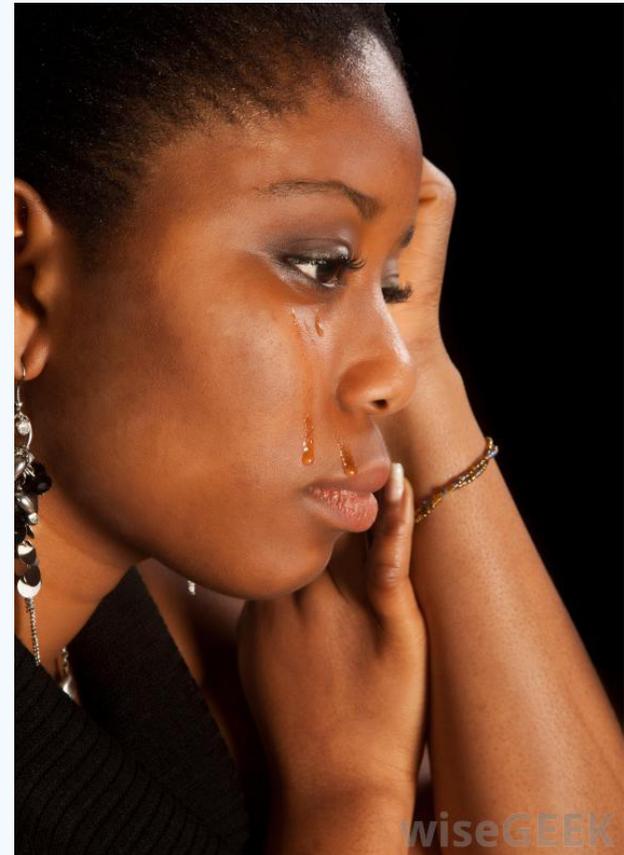
Mental Health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.



Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:

- Biological factors, such as genes, or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

Mental health problems are common but help is available. People with mental health problems can get better and many recover completely



Early Warning Signs



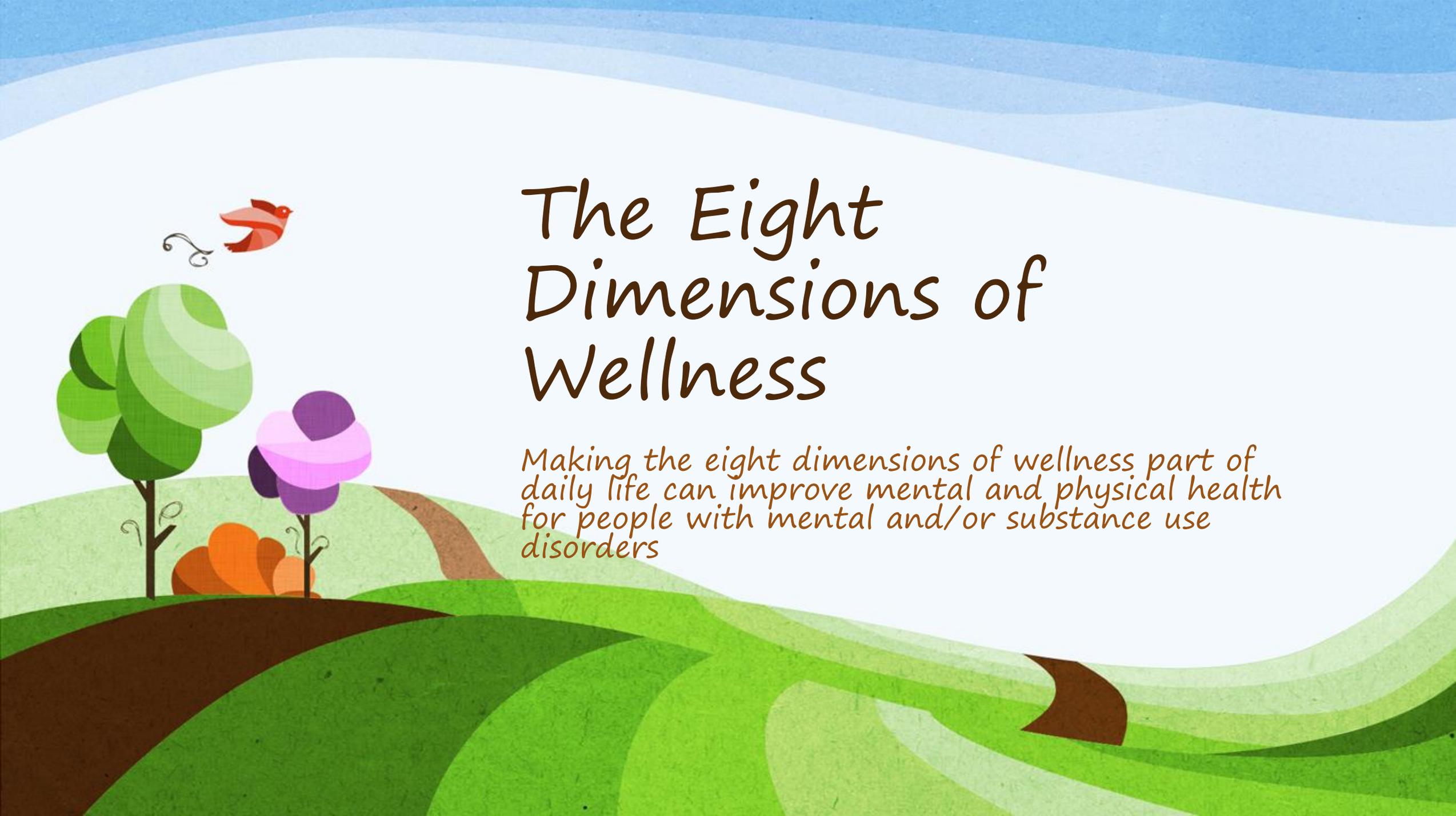
Experiencing one or more of the following feelings or behaviors can be an early warning sign of a problem:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school

Mental Health and Wellness

- *Positive mental health allows people to:*
 - *Realize their full potential*
 - *Cope with the stresses of life*
 - *Work productively*
 - *Make meaningful contributions to their communities*





The Eight Dimensions of Wellness

Making the eight dimensions of wellness part of daily life can improve mental and physical health for people with mental and/or substance use disorders

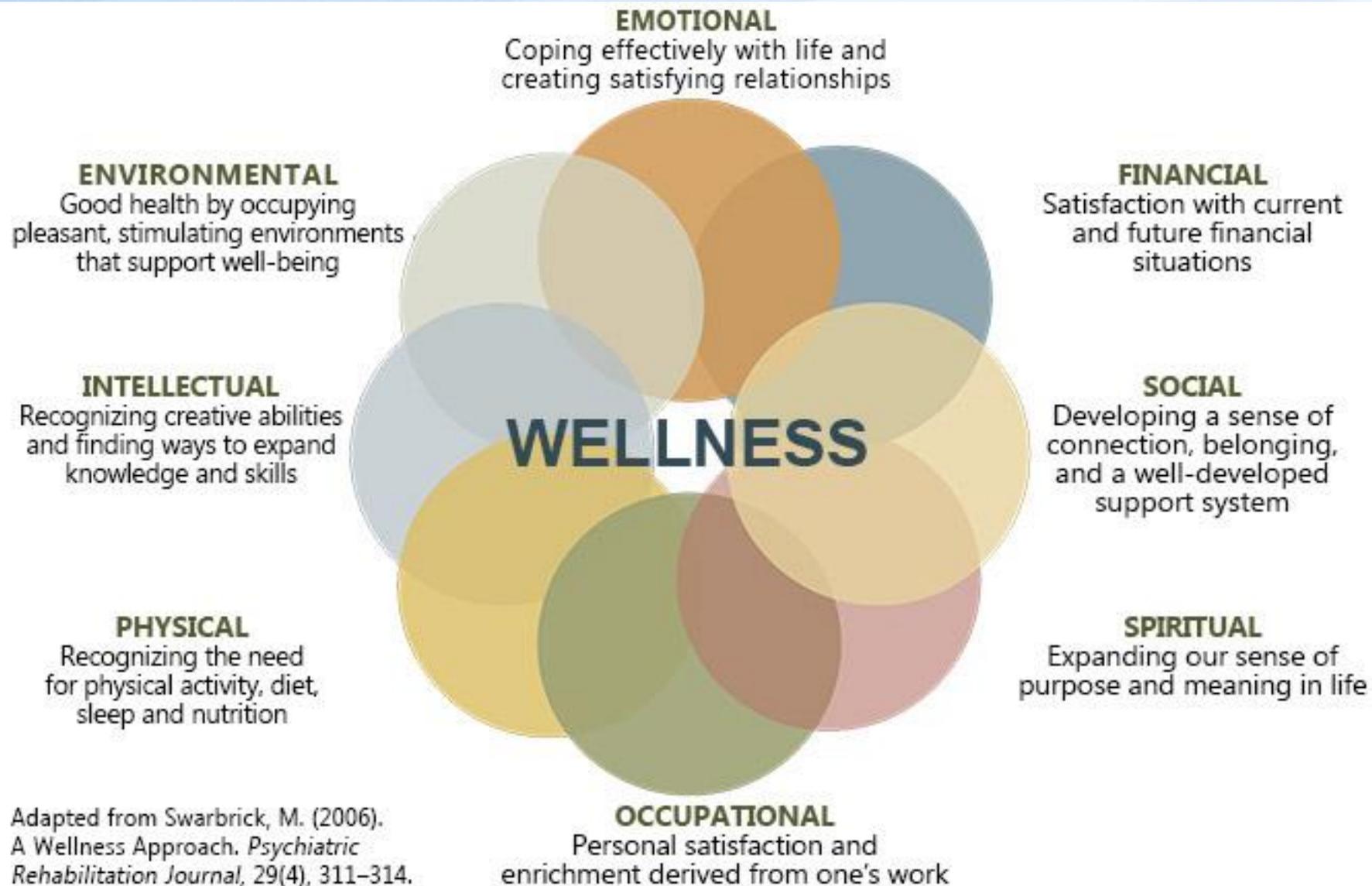
What is Wellness?



- Wellness is being in good physical and mental health. Because mental health and physical health are linked, problems in one area can impact the other. At the same time, improving your physical health can also benefit your mental health, and vice versa. It is important to make healthy choices for both your physical and mental well-being
- Remember that wellness is not the absence of illness or stress. You can still strive for wellness even if you are experiencing these challenges in your life.

What are the eight dimensions of wellness?

- Learning about the eight dimensions of wellness can help you choose how to make wellness a part of your everyday life
 - Wellness strategies are practical ways to start developing healthy habits that can have a positive impact on your physical and mental health
-
- Emotional
 - Environmental
 - Financial
 - intellectual
 - Occupational
 - Physical
 - Social
 - Spiritual



Adapted from Swarbrick, M. (2006).
A Wellness Approach. *Psychiatric
Rehabilitation Journal*, 29(4), 311-314.

10 Tips for Mental Wellness

- *Connect with others*
- *Stay positive*
- *Be physically active*
- *Help others*
- *Get plenty of sleep*
- *Create joy and satisfaction*
- *Eat well*
- *Take care of your spirit*
- *Deal better with hard times*
- *Get professional help if you need it*



“

You! Yes, you

The one reading this.
You are beautiful, talented,
amazing and simply the
best at being you.

NEVER FORGET THAT.

”