

WHAT IS MENTAL HEALTH?





Mental health includes our **emotional**, **psychological**, and **social** well-being.


It affects how we **think**, **feel**, and **act** as we cope with life.

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**.



WHAT ARE MENTAL ILLNESSES?



Mental illnesses are serious disorders which can affect your **thinking, mood, and behavior.**

They may be **occasional** or **long-lasting.**

They can affect your ability to **relate** to others and **function** each day.

There are **treatments.** People with mental health problems can get better, and many of them recover completely.



WHY MENTAL HEALTH IS IMPORTANT?



Mental health is important because it can help you to:

- Cope with the **stresses** of life.
- Be physically **healthy**.
- Have good **relationships**.
- Make meaningful **contributions** to your community.
- **Work** productively.
- **Realize** your full potential.



**HOW CAN I
IMPROVE MY
MENTAL HEALTH?**



There are steps you can take to help you improve your mental health:

- Staying **positive**.
- Being physically **active**.
- **Connecting** with others.
- Developing a sense of **meaning** and **purpose** in life.
- Getting enough **sleep**.
- Developing **coping skills**.
- **Meditating**.
- Getting **professional help** if you need it.

PRACTICAL TASK

- **RISKS/CAUSES OF MENTAL HEALTH PROBLEMS.**
- **CARE AND TREATMENT OF MENTAL HEALTH.**
- **PROMOTION (awareness) AND PREVENTION OF MENTAL HEALTH.**
- **INTERESTING FACTS ABOUT MENTAL HEALTH.**
- **MOST COMMON MENTAL HEALTH DISORDERS.**



healthy
body

+



healthy
mind

=



happy
life