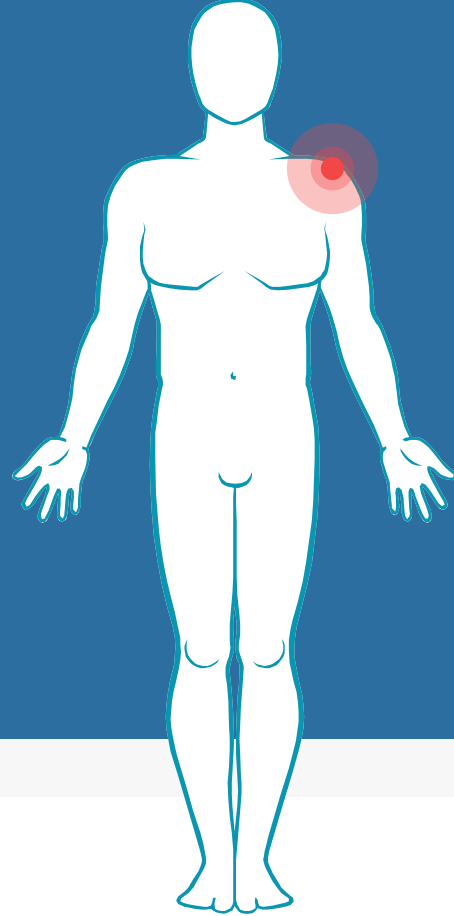# On-Call

Digital Resources

The Negative Effects of Negative Mental Health on Well-being

Habits that Contribute to Negative Mental Health

➤ Poor Posture

➤ Guilt

➤ Not Exercising

➤ Excessive Use of Smartphones

➤ Excessive Use of Social Media

➤ Inadequate or Poor Sleep

ON CALL

➢ Poor posture can contribute to negative mental health.

➢ But having good posture has been proven to improve self-esteem and mood, leading to positive mental health.

Erasmus+

➢ You need to let go of the feelings of guilt.

➢ Harbouring these negative feeling about something you did will only create a negative self-image of yourself and will do nothing to improve your mental health.

Habit 3: Not Exercising

➢ A sedentary lifestyle is bad for your mental health.

➢ Regular exercise relieves symptoms of depression because of the endorphins (feel-good chemicals) that your body releases when you exercise.
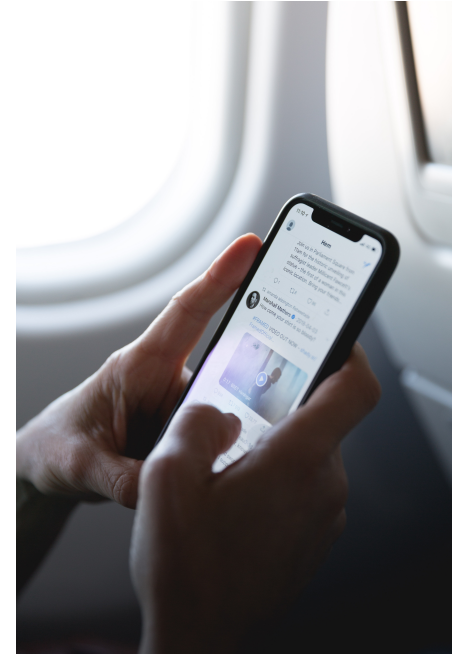
Habit 4: Excessive Use of Social Media

➤ Too much social media promotes anxiety and lowers self-esteem in teenagers and can also affect adults.

➤ The Telegraph reports "a recent survey of 1,500 adult Facebook and Twitter users in which 62 percent of participants reported feelings of inadequacy and 60 percent reported jealousy from comparing themselves to other social media users.

➤ Thirty percent said using just these two forms of social media made them feel lonely".

Habit 5: Excessive Use of Smartphones

➢ Habitual smartphone use causes you to check your device constantly in fear of missing out.

➢ Can cause a form of addiction, with users compulsively checking for notifications and updates.

➢ Compulsive or excessive use of a smartphone could worsen symptoms of depression, anxiety, chronic stress and/or low self-esteem.

Inadequate or Poor Sleep

➢ Research shows people with mental health problems tend to sleep poorly.

➢ Sleep is a source of physical and emotional resilience.

➢ By providing your brain and body an opportunity to recover from the difficulties of the previous day, sleep helps you rise to the challenges of tomorrow.

Signs of Negative Mental Health

➢ Feelings of anxiety, frustration, fear, irritability, confusion

➢ Difficulty concentrating

➢ Having repetitive or racing thoughts that you can't get control of

➢ Excessive self-criticism

➢ Forgetfulness

➢ Nervous laughter

➢ Excessive crying

Signs of Negative Mental Health

➢ Difficulties in speaking to others

➢ Increased consumption of drugs, alcohol…

➢ Physical pains caused by contracted muscles, including headache, back or neck problems, upset stomach.

➢ Fatigue and lack of motivation

➢ Tight feeling in the chest, palpitations and agitated breathing

➢ Concern for the future

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