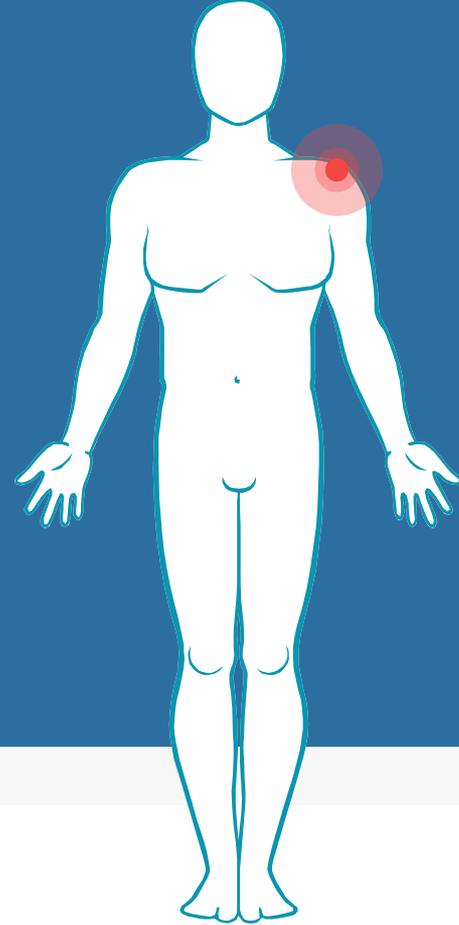


# On-Call

## Digital Resources

### What is Positive Mental Health?



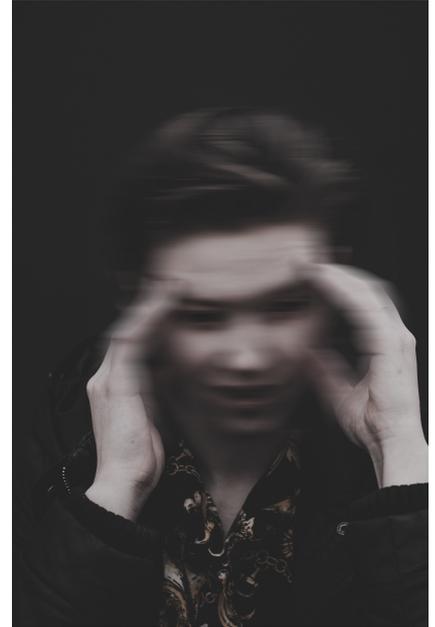
# Health and Mental Health

- The World Health Organization (WHO) defines health as "a state of complete physical, mental and social well-being, and not only the absence of diseases or illnesses".



## Health and Mental Health

- Our mental health affects our moods, our outlook, our self-image our relationships our aspirations in life...
- In many ways having good mental health can be more important than having good physical health.



## What is Mental Health

- 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.

# Tips for Positive Mental Health

- So what can you do to promote positive mental health for you, your family and friends, and your whole community?



## Tip 1: Accept Yourself

- We are all different.
- We are all unique.
- But there are certain societal pressures out there that make us believe we are not worthy.
- It is important to try to ignore these and to focus on the good things about yourself.
- And remember, it is impossible to please everybody so just please yourself!



## Tip 2: Eat Healthy

- The age old saying – “we are what we eat”.
- This goes for both physical and mental health.
- In the same way as eating greasy food will clog your arteries, it can also clog your mind.
- A good diet will keep your mind sharp, as well as your body healthy



## Tip 3: Exercise!

- Keeping fit improves your mood and happiness.
- When you exercise, feel good chemicals called endorphins are released in the brain.
- Unfortunately, endorphins are not released before exercise, so we have to make the mental effort to do it!



## Tip 4: Get Enough Sleep, but not too much!

- It is so important to get the right amount of sleep.
- Not getting enough sleep leads to fatigue. This can then lead to trouble concentrating which is troublesome if you are trying to maintain positive mental health.
- Equally sleeping too much can promote lethargy, lack of motivation, anxiety, depression, etc.



## Tip 5: Take a Break

- Having time for yourself allows you to de-stress from everything that is going on at the moment.
- Taking a break can mean a wide variety of things (i.e. going for a run, meditating, sitting down and reading, sleeping, going somewhere for the weekend, etc.).
- Find what works for you!



## Tip 6: Make Time for Family and Friends

- Those who have better relationships with their friends, family and people in their community tend to be healthier and happier.
- Having a strong support system of people who genuinely care about you is also helpful in overcoming adversities during difficult times.



## Tip 7: Accept Help when you Need it



- We are all only human, therefore we are not able to do everything on our own.
- So, when you feel like you need help, be sure to ask for it.
- Accepting help will lessen levels of anxiety and stress as well, which is important for maintaining positive mental health.





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