

# MENTAL HEALTH

**COPING WITH LIFE CHANGES**

World Mental Health Day • 10 October 2019



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

**How one thinks, feel and act during certain situations, may determine the state of one's mental health.**

## FIVE LEADING MENTAL HEALTH PROBLEMS

World Health Organisation



Depression



Suicidal behaviour



Substance-abuse disorder



Anxiety



Post-traumatic Stress Disorder

## EARLY WARNING SIGNS OF POOR MENTAL HEALTH


- Eating or sleeping too much or too little
- Having low or no energy
- Pulling away from people and usual activities
- Lack of emotion
- Smoking, drinking more than usual; drug use
- Always picking fights with friends or family members
- Severe mood swings
- Confused, forgetful, restless, angry, upset, worried or scared
- Hearing voices
- Thought of self-harm
- Inability of performing daily tasks (e.g. taking care of children, going to work)

## GOOD MENTAL HEALTH

- Do you feel good about yourself?
- Are you overwhelmed by emotions? (Examples: Fear, anger, love, jealousy, guilt)
- Do you have a lasting and satisfying personal relationship?
- Are you comfortable with other people?
- Can you laugh at yourself and with others?
- Do you respect yourself and others even if you do not agree on something?
- Are you able to accept life's disappointments?
- Can you handle problems when they arise?
- Can you make your own decisions?
- Can you adjust to your environment when necessary?

## HOW TO MAINTAIN POSITIVE MENTAL HEALTH

- Get professional help if you need it
- Stay positive
- Connect with others
- Get physically active
- Help others
- Get enough sleep
- Develop your coping skills

 **MENTAL HEALTH IS MORE THAN JUST AN ABSENCE OF MENTAL ILLNESS**

National Mental Health Association

References: Mayo Clinic, World Health Organisation; Centers for Disease Control