



MENTAL HEALTH IS A STATE OF WELL-BEING IN WHICH AN INDIVIDUAL REALIZES THEIR OWN ABILITIES, CAN COPE WITH THE NORMAL STRESSES OF LIFE, CAN WORK PRODUCTIVELY AND IS ABLE TO MAKE A CONTRIBUTION TO THEIR COMMUNITY.

- *World Health Organization*

glossary
OF TERMS

MENTAL HEALTH CARE

CURRENT, ACTIVE, AND USEFUL SUPPORT FOR MAINTAINING GOOD MENTAL HEALTH.

MINDFULNESS

“MINDFULNESS MEANS MAINTAINING A MOMENT-BY-MOMENT AWARENESS OF OUR THOUGHTS, FEELINGS, BODILY SENSATIONS, AND SURROUNDING ENVIRONMENT, THROUGH A GENTLE, NURTURING [CARING] LENS.”

- GREATER GOOD SCIENCE CENTER

thought
PROMPTS

WHAT ARE MY ASSUMPTIONS ABOUT MENTAL HEALTH (WHAT IT IS AND WHAT IT ISN'T)?

WHAT SPECIFIC EXAMPLES CAN I RECALL THAT HELPED TO SHAPE THE OPINION THAT I HAVE OF MENTAL HEALTH TODAY?

DO I CURRENTLY HAVE A MENTAL HEALTH CARE ROUTINE?

YES

NO

WHAT 3 THINGS ARE MOST IMPORTANT TO MY CURRENT MENTAL HEALTH CARE ROUTINE?

WHAT 3 THINGS CAN I ADD INTO MY ROUTINE TO BETTER TAKE CARE OF MY MENTAL HEALTH?

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WHAT IS MENTAL HEALTH? PT. 1