

glossary OF TERMS

MENTAL HEALTH

SOMEONE'S ABILITY TO BALANCE THEIR EMOTIONAL, PHYSICAL, PSYCHOLOGICAL, AND SPIRITUAL/SOCIAL WELL-BEING.

MENTAL HEALTH STRUGGLES

ARE TYPICAL LIFE MOMENTS IN WHICH WE EXPERIENCE DIFFICULTY IN MAINTAINING WELL-BEING.

EXAMPLES: NERVOUSNESS BEFORE A PRESENTATION, SADNESS AFTER A LOSS, CONCERN FOR LOVED ONES

MENTAL HEALTH DISORDERS

OCCUR WHEN MENTAL HEALTH STRUGGLES BEGIN TO DISPROPORTIONATELY IMPACT OUR DAILY LIFE.

EXAMPLES: ADDICTION, DEPRESSION, ANXIETY, PTSD

5 steps TO TAKE WHEN TALKING ABOUT MENTAL HEALTH

1. REMOVE DISTRACTIONS.
TRY TO CREATE AN ENVIRONMENT THAT HELPS EVERYONE FEEL COMFORTABLE SHARING.

2. DON'T TRY TO BE THEIR THERAPIST AND SOLVE THEIR PROBLEMS. ASK WHAT THEY NEED FROM YOU. SOMETIMES WE JUST NEED SOMEONE TO VENT TO.

3. LISTEN CLOSELY AND ASK OPEN-ENDED QUESTIONS. REPEAT THE INFO BACK TO MAKE SURE YOU UNDERSTAND. ASK OPEN ENDED QUESTIONS (THINK FILL IN THE BLINKS) AS OPPOSED CLOSED-ENDED (MULTIPLE CHOICE)
EXAMPLE: INSTEAD OF ASKING "ARE YOU OK?" YOU COULD ASK "HOW ARE YOU FEELING?"

4. ASK ABOUT THEIR SUPPORT, AND OFFER TO HELP FIND NEW ONES. ONCE YOU'RE NOT AROUND, WHO ELSE CAN THEY TALK TO OR WHAT DO THEY DO TO DEAL WITH THE PROBLEM.

5. KNOW YOUR LIMITS AND ASK FOR HELP. CARING FOR OTHERS PULLS YOU AWAY FROM YOUR OWN MENTAL, PHYSICAL, EMOTIONAL, AND SPIRITUAL WORK. TAKE BREAKS FOR YOURSELF AND SEEK SUPPORT FROM TRUSTED SOURCES AND PROFESSIONALS.



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