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How to Maintain Mental Health

Mental health is a dynamic state of balancing our thoughts and emotions in order to pursue goals and live in line with our values. It involves many components that work together to protect or undermine our mental wellbeing. Take a moment to review the following list and know that many other things (socioeconomic factors, environmental circumstances, inequality etc.) contribute to our mental health. Determine where you may be able to improve and how to do so.

Emotional & Psychological Wellbeing

Having an awareness of your feelings and emotions as well as having the ability to manage and express these feelings in an appropriate manner. This also includes being happy and passionate about life, and managing stress, change or instability effectively.

Social Wellbeing

Developing skills like self-management, social awareness, self-awareness, and relationship management.

Cognitive Health

Functions such as memory, problem-solving and decision making. Efficient cognitive functioning such as our ability to recognize, obtain, and comprehend information. Continually learning and improving intellectual health also falls within this category.

Physical Health

Your body is a network of systems all working together to help you navigate life successfully. Eating a balanced diet, exercising, getting adequate sleep and hydration are all things that can positively impact your mental health.

Self-Care

Taking time for rest and relaxation setting appropriate boundaries and participating in hobbies you enjoy are all key components of metal wellbeing.

If you find yourself struggling with one of the above categories consider writing down your current obstacles, how they connect with other areas of your life and what you can do to make small improvements.

References
World Health Organization: Mental Health
Montare Behavioral Health