

WORLD HEALTH ORGANIZATION DEFINITION OF MENTAL HEALTH:

“A state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”

Mental health is more than the absence of mental illness, there are many facets that contribute to each individual’s mental well-being and mental fitness. Some people have greater mental health than others, whether they have a mental illness or not.

MENTAL HEALTH’S PHYSICAL BENEFITS

There are many physical benefits that go along with good mental health, including lower blood pressure, lower cholesterol and a lower risk for many chronic diseases. Many people also experience improved pain management, sleep and mental focus.

MENTAL FITNESS

We all know that we should eat healthy and exercise every day, but how often do we remember to invest in our mental fitness on a daily basis? Recognize that dedicating even a short time every day to your mental fitness will reap significant benefits in terms of feeling rejuvenated and more confident. Just like we work at keeping our bodies in shape, we must work at maintaining our mental fitness through physical activity, healthy eating, stress management and monitoring emotional health.

Mental Fitness & Stress Management

Understand your response to stress and develop coping strategies. Identify and solve problems at their root cause, learn about stress management, reduce tension, and implement preventative measures.

Mental Fitness & Emotional Health

Take time to be proactive about your emotional health by setting aside time for the activities and events that you enjoy. Some examples: daydream, do one thing at a time, savour the moment, exercise, take time for hobbies, laugh, journal.

MAINTAINING GOOD MENTAL HEALTH

Understanding and developing the following characteristics will help you maintain good mental health:

- Ability to enjoy life
- Resilience during difficult times
- Balance
- Self actualization
- Flexible attitude towards change

SOURCES:

[Canadian Mental Health Agency \(CMHA\)](#)

[My Mental Health](#)

[Public Health Agency of Canada \(PHAC\)](#)

[World Health Organization](#)