



# Mental Health Matters

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## UNDERSTANDING GOOD MENTAL HEALTH

Good mental health is not simply the absence of diagnosable mental health problems. Mental health is about being cognitively, emotionally and socially healthy. It affects the way we think, feel, act and develop relationships.

Strong mental health means you have the ability to cope with daily stressors and accomplish personal goals. Many things, such as trauma, stress and sleep problems, can affect your mental health.

You may not be able to prevent a mental health condition, but you can take steps to protect and support your mental health throughout your life.

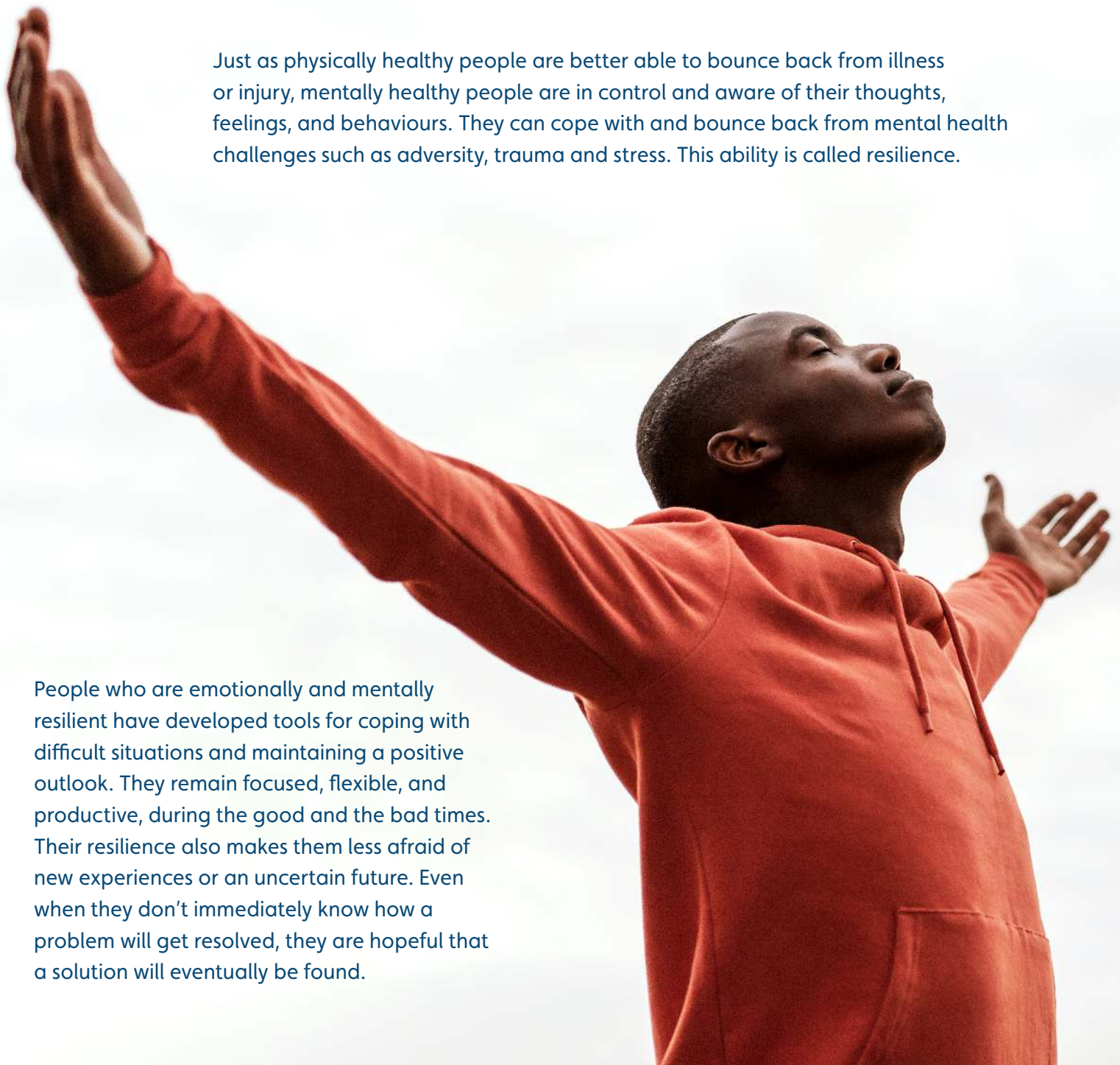


## THE RELATIONSHIP BETWEEN RESILIENCE AND POSITIVE MENTAL HEALTH

Having solid mental health doesn't mean that you never go through bad times or experience emotional problems. We all go through disappointments, loss, and change. And while these are normal parts of life, they can still cause sadness, anxiety and stress.

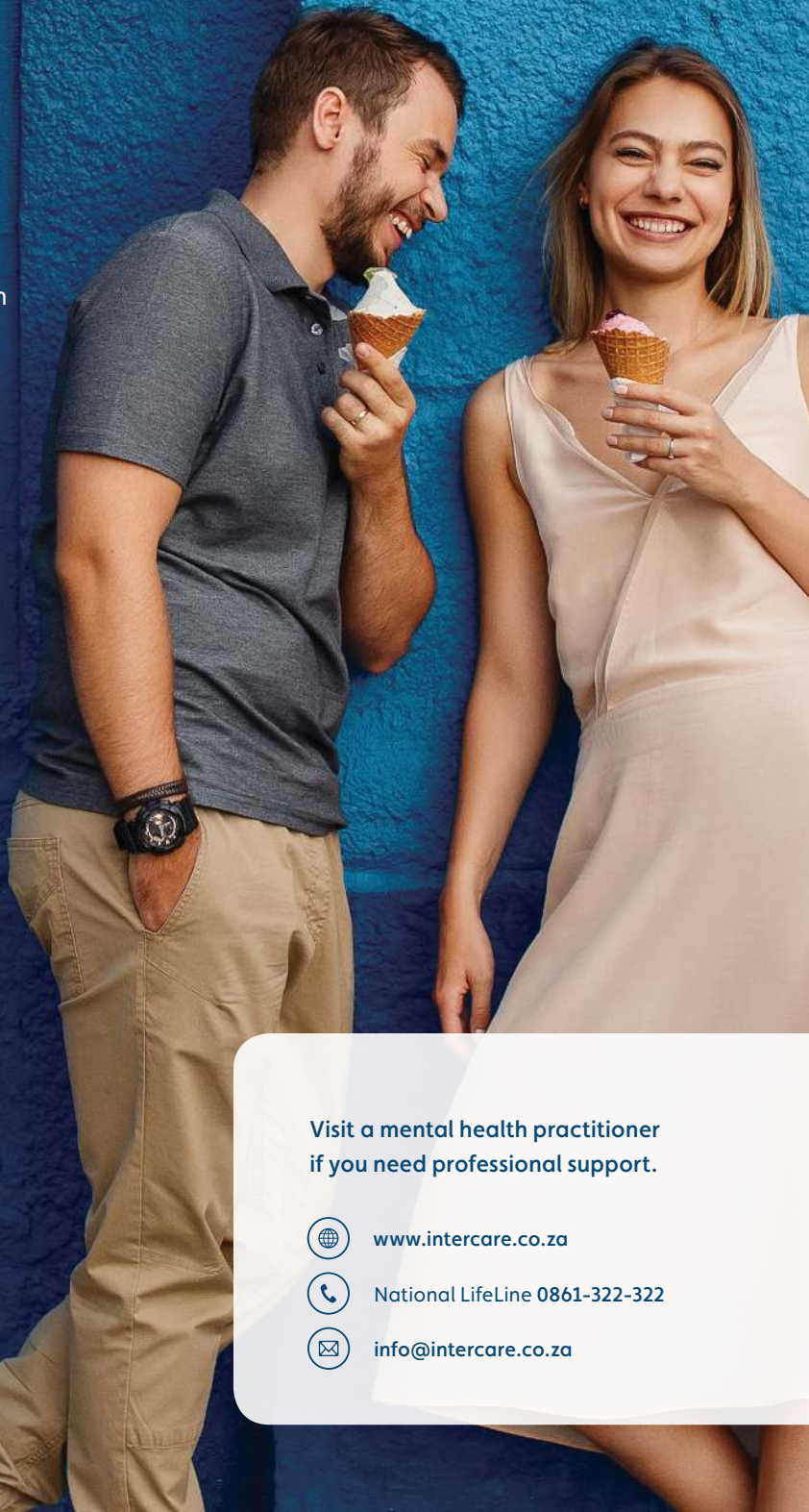
Just as physically healthy people are better able to bounce back from illness or injury, mentally healthy people are in control and aware of their thoughts, feelings, and behaviours. They can cope with and bounce back from mental health challenges such as adversity, trauma and stress. This ability is called resilience.

People who are emotionally and mentally resilient have developed tools for coping with difficult situations and maintaining a positive outlook. They remain focused, flexible, and productive, during the good and the bad times. Their resilience also makes them less afraid of new experiences or an uncertain future. Even when they don't immediately know how a problem will get resolved, they are hopeful that a solution will eventually be found.



# 15 MENTAL HEALTH SELF-CARE TIPS

-  Find a stress-relieving practice that works for you.
-  Eat healthy food and drink healthy drinks.
-  Make sure you get enough sleep.
-  Get active and stay active.
-  Learn how to relax and switch off.
-  Put people before things. Connect with friends and family, online and offline.
-  Learn something new every day.
-  Help others whenever you can.
-  Talk to a friend or therapist about your feelings.
-  Be mindful and take notice of what is happening around you.
-  Set yourself challenging but achievable goals and embrace your wishes and dreams.
-  Focus on the positive. Challenge any negative thoughts.
-  Learn how to smile more!
-  Have fun and laugh.
-  Ask for help if you have a problem.



Visit a mental health practitioner if you need professional support.

-  [www.intercare.co.za](http://www.intercare.co.za)
-  National LifeLine 0861-322-322
-  [info@intercare.co.za](mailto:info@intercare.co.za)