

Understanding Mental Health

Mental health refers to your social, emotional, and psychological well-being.

While your mental health can be impacted by things you can't control, you can control how well you look after your mental health.



Why take care of your mental health?

Mental health affects how you feel day to day.

When you're feeling calm, happy, and confident, you get more joy out of life. On the other hand, if you're feeling sad, angry, or anxious, regular day-to-day life can be a struggle.

Mental health affects your relationships.

Your relationships with family, friends, and classmates are all impacted by how you feel. If you're unhappy, upset, or feeling down, building and maintaining relationships is much more difficult.

Mental health affects your success.

Whether it's success in school, your career, or achieving a goal you've set, you're more likely to succeed when you're in a good place mentally.

Just as you take care of your physical health by eating healthy, exercising regularly, and getting enough sleep, you also need to take care of your mental health.

Have healthy ways to deal with stress and talk to those you trust about any problems you have. Also understand that we all go through times when we're not feeling our best—and know that those times don't last.

How is your mental health?

Think about and answer the following questions about your own mental health.

- | | Yes | No |
|---|--------------------------|--------------------------|
| Do you often feel sad for longer than a day or two? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you have trouble sleeping? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you often feel frustrated, angry, or nervous? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you get a lot of headaches or stomachaches? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you have a hard time relaxing? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you eat too much or too little? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you often feel dread or panic? | <input type="checkbox"/> | <input type="checkbox"/> |

How many did you check "Yes?" _____

Answering Yes to any of the above can be an indicator that you need to pay more attention to your mental health.

What can you do to improve your mental health?

If your mental health is keeping you from performing at your best and enjoying life, talk to a counselor or to someone who can help you. Taking care of your mental health and reaching out when you need help is not a sign of weakness—it's a sign of strength.