



ADVANCE MENTAL WELLNESS

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CHAPTER 1: MENTAL HEALTH BASICS

Synopsis

According to studies, individuals who are emotionally and mentally healthy can control their behavior and emotions. They also have the capability to handle life trials and challenges, recover from serious setbacks and build strong and healthy relationships with others. However, you need to bear in mind that if you want to maintain or build emotional health, mental health and physical health, effort, commitment, time, and dedication is highly recommended.

It is true that enhancing your mental and emotional health is a rewarding experience that you will love. Mental health can benefit all the salient aspects of your life such as adding enjoyment to your day to day activities, building resilience and most importantly boost your mood.

For those people who are experiencing emotional health or mental health problems, it is very important that they are familiar and aware about how to get rid of it in just a short period of time. Here, you will learn the real definition and significance of emotional health and mental health.

A Quick Glimpse to Emotional Health or Mental Health

Emotional or mental health usually refers to your overall psychological being. It also includes your ability to manage your emotions and feelings, build relationships, develop the way you look and feel about yourself and most importantly how you can deal with extreme difficulties. Mental health is not just about the absence of mental health issues and problems.

Being emotionally and mentally healthy is more than being free of psychological issues, anxiety and depression. The absence of emotional and mental health commonly refers to the presence of excellent characteristics. There are some people who don't have negative emotions and feelings however they still need to do things that will make them feel good and positive to help them get a hold on their emotional and mental health.

Individuals who are emotionally and mentally healthy have the following:

- High self esteem and self confidence
- They have the ability to maintain and build fulfilling relationships

- They have a balance between their play, work, activity, rest and a lot more
- They have the flexibility to know and learn new things and at the same time they can easily adapt it to change
- They have a great sense of purpose and meaning in their relationships and activities
- They have the ability to easily and effectively deal with life challenges and stress and bounce back from adversity
- They have the ability to have fun and laugh as well as they have zest for living
- People who are emotionally and mentally healthy have a great sense of tranquility and contentment.

The positive characteristics of emotional and mental health will allow you to easily participate in all the latest happenings in your life by having strong relationships, meaningful activities and being productive every single day.

The effective and positive characteristics of emotional and mental health will greatly help you to quickly cope with life stresses, trials and challenges.