



# *Mental Health*

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# What is mental health?

Mental Health- A person's condition with regard to their psychological and emotional well-being.

Our mental health can be affected positively or negatively by things or people in our lives.

## Causes for poor mental health

- ❖ Social isolation
- ❖ Severe or long term stress
- ❖ Family dysfunction.

# Ways to have good mental health

Stay active/busy- Having a hobby or activity you enjoy can help keep you happy and healthy. If you don't already have something that you love to do, search the internet for fun projects, activities, etc. to do.

Talk or write about your feelings- Talking to someone or writing about how you feel can be very impactful on your mental health. Even if you don't share your writing, you are still expressing your thoughts and emotions instead of leaving it pent up inside your brain.

Keep in touch with others- Having friends and family can be one of the best sources of happiness in life. If you are not close with your family then you should try and keep close contact with your friends instead.

## Citations

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/causes/>

<https://www.healthline.com/search?q1=mental%20health>

<https://centerforliving.org/blog/adolescent-mental-health-treatment-risk-factors/>

<https://www.mentalhealth.org.uk/publications/how-to-mental-health>