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feel so much better

by pl

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100%

100%

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how is your mental health?

We all know the importance of being physically healthy by exercising, eating well, sleeping well etc. but what about our mental health – what do you do to look after your mental health?

Your mental health is to do with your thoughts, feelings and beliefs and has an impact on every aspect of our lives.

what is good mental health?

Good mental health means **feeling positive about yourself**, being able to cope with life and the challenges it brings, and being able to form and keep relationships.



When we look after our physical health and our mental health we can feel good about ourselves and the world around us. We can:

- feel in control
- feel like we belong
- feel positive
- enjoy our friendships
- make good decisions
- express our feelings

bullying
body image
school peer pressure
your sexual identity
future growing up
family/relationships
bereavement

Think of your own life...

what affects your mental health?

Your mental health matters

In life it's normal to have **ups and downs**, but if the downs start to take over it is a sign that we need to **take some action**.

Feeling worried about your mental health is nothing to be afraid or embarrassed about. If you feel worried or the pressure is getting too much, don't bottle it up and suffer in silence – **seek support, ask for help**.

Who I can turn to talk about the things on my mind:

Why not have a think about who you could speak to if you are feeling down and write their contact details below.

Name:

Number: