



## What is mental health?

Lots of people that text or email us are worried because they or someone else think they have mental health problems. What does mental health actually mean and why are people so scared of it?

Whereas physical health is all about your physical body, your bones, skin, organs, and blood, mental health is all about your relationship to feelings and thoughts.

Everybody's mental health can go through good phases and not so good phases depending on what else is happening in life. Our mental health is affected by stress at school & home, what we eat, how we feel about ourselves, how active we are, how well we can talk about our feelings, how we relax, our relationships & social life and our sleep and more!.

People often find it a hard to talk about their mental health for fear of being labelled as mad or crazy. Our culture has a lot of sympathy for physical illness but doesn't really understand mental illness.

Being distressed and overwhelmed or having a racing mind or lots of negative thoughts are not signs that you are crazy. Nor is the act of self-harm These are all signs that life is stressful right now and a bit too much to cope with.....

### Things that are good for mental health.

- ♥ Asking for help when you need it – this is a sign of strength!
- ♥ Focus on what you want in life not on what you don't want.
- ♥ Take small steps and give yourself credit for every single one.
- ♥ Prioritise getting good sleep
- ♥ Eat well – eat what you enjoy and eat food that is healthy – food that looks like it does when it comes out of the earth!
- ♥ Believe in yourself – celebrate your strengths.
- ♥ Give to others – do some voluntary work.
- ♥ Try something new – activity, class, hobby
- ♥ Accept and express your feelings.

Other things that may help – [Dealing with thoughts](#) [Ideas for expressing feelings](#)