

## STRATEGIES FOR GOOD MENTAL HEALTH WELLNESS

### *Positive Coping Skills*

- Meditation & Relaxation Techniques
- Time to Yourself
- Physical Activity
- Reading
- Friendship
- Humor
- Hobbies
- Spirituality
- Pets
- Sleeping
- Nutrition

### *Negative Coping Skills*

- Drugs & Excessive Alcohol Use
- Self-mutilation
- Ignoring or Storing Hurt Feelings
- Sedatives or Stimulants
- Excessive Working
- Avoiding Problems
- Denial

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244-9191 / 682-0101

Visit our website at:  
[www.soundsidewellness.com](http://www.soundsidewellness.com)



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### **Resources and Informational Websites:**

Information for this brochure was taken from the  
Mental Health Wellness Week website at  
<http://mhww.org>.



## MENTAL HEALTH & WELLNESS



*For Services, Please Call:*  
**850-689-7844 or 850-226-8585**

# MENTAL HEALTH AND WELLNESS

## *What is it?*

Mental health is how individuals think, act and cope with life and the stressors and challenges that are part of the human experience. The state of a person's mental health can influence the way in which they look at themselves, their life and others around them. Good mental health wellness can be reflected in many ways:

- bouncing back from adversity
- Communicating about your feelings
- Forming good interpersonal relationships
- Setting and achieving realistic goals
- Seeking help in difficult times
- Enjoying life to the fullest
- Self-appreciation

## *Risk Factors for Poor Mental Health*

- Poor physical health
- Sedentary lifestyle
- Poor socio-economic status
- Poor diet
- Experiencing trauma
- High amounts of stress
- Smoking
- No access to healthcare or mental health treatment
- Negative coping skills

## *Wellness Strategies*

**Meditation and Relaxation Techniques:** Deep breathing techniques, and the relaxation response, are ways to help reduce stress and induce relaxation.

**Time to Yourself:** It is important to set aside time everyday to allow yourself to relax and escape the stress of life.

**Physical Activity:** Moving around and getting the heart rate up causes the body to release endorphins (feel good hormones). Exercising provides stress relief.

**Reading:** Escape from reality completely by reading; it can help you to de-stress by taking your mind off everyday life.

**Friendship:** Having friends who are willing to listen and support one through good and bad times is essential.

**Humor:** Adding humor to a stressful situation can help lighten the mood.

**Hobbies:** Having creative outlets such as listening to music, drawing or gardening are great ways to relax and relieve everyday stress.

**Spirituality:** Actively believing in a higher power or divine being can have many health benefits. In recent studies, it has been found that people who pray have better mental health than those who do not.

**Pets:** Taking care of a pet helps distract the mind from stressful thoughts. Pets can be a calming influence in people's lives.

**Sleeping:** The body needs to rest and repair itself after a long and stressful day; sleeping allows this to happen.

**Nutrition:** Good foods improve physical health and plays a major role in mental health. Proper nutrients allow the body to function better in every capacity.

## *10 Tips for Better Mental Health*

- **Build Confidence:** identify abilities and weaknesses and build on them
- **Accept Compliments:** everyone needs some positive reinforcement when times are tough
- **Make Time for Family and Friends:** if taken for granted there is no one to share life's joys and sorrows
- **Give and Accept Support:** giving support to others is just as important as receiving support
- **Create a Meaningful Budget:** financial problems cause stress; write down where money goes to keep a closer eye on finances
- **Volunteer:** this gives a sense of purpose and satisfaction that paid work cannot
- **Manage Stress:** learning to deal with stress helps maintain mental health
- **Find Strength in Numbers:** sharing problems with others with similar problems can make you feel less isolated and helps gain another perspective
- **Identify and Deal with Moods:** everyone needs to express anger, sadness, joy, and fear. Writing, painting, dancing are ways to deal with emotions
- **Learn to be at Peace with Yourself:** know who you are, what makes you happy, and learn to balance what you can and cannot change about yourself