



### 10 COMMANDMENTS OF MENTAL HEALTH

1. Think positively; it's easier
2. Cherish the ones you love
3. Continue learning as long as you live
4. Learn from your mistakes
5. Exercise daily; it enhances your well-being
6. Do not complicate your life unnecessarily
7. Try to understand those around you and encourage them
8. Do not give up; success in life is a marathon
9. Discover and nurture your talents
10. Set goals for yourself and pursue your dreams



By adopting positive thinking about life and existence and purposefully nurturing things fortifying mental health, you are promoting it.



There is no health without mental health

### THOUGHTS AND FEELINGS

There is a direct connection between thoughts and how we feel. It is possible to influence our own thoughts and how we feel by concentrating on what produces a sense of well-being.

### THE MENTAL AID BOX

A box aimed at promoting mental health. Each box is personalised and is intended for cherished personal items that lift the spirit. This might include items such as a favorite poem, music or fragrance, letters, photos of people and places close to the heart, relaxing music and other items related to positive feelings and sensations.


# Geðrækt



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**Mental Health is a state of well-being in which individuals are able to realize their own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and are able to make a contribution to their community.**

(Definition from the World Health Organization - WHO)



**Everyone has mental health. The physical, mental and social aspects of health interact.**



**It is just as important to respond quickly to mental disorders as physical ones.**

### **MENTAL HEALTH PROMOTION REINFORCES HEALTH**

Directing attention to health people promote it by strengthening their own health and that of others. Mental health promotion emphasizes that good mental health is an important part of general health.

### **STRESS AFFECTS OUR SENSE OF WELL-BEING**

Stress does not have to be negative, for we can cope with it positively. Changes that occur during illness, loss of a loved one, ending of a relationship, puberty, moving and starting school can cause stress. The same applies to positive changes like vacation, getting married, having a child and changes in the work environment.

**MENTAL HEALTH PROMOTION is everything that purposely fosters and builds up mental health. Its prerequisite is our consciousness of our own mental health and things affecting it.**

### **THE BASIS FOR OUR SENSE OF WELL-BEING IS:**

- Good health – mental, physical and social.
- Awareness of what can have an effect on health.
- Knowing ways to cope with threats to health.
- A good self-image – being satisfied with yourself, knowing your strengths and weaknesses.
- Being able to cope with problems and difficulties positively.

We are responsible for our own health and sense of well-being. This does not mean that we are to blame if we feel bad.

### **EXAMPLES OF WHAT CAN THREATEN OR STRENGTHEN MENTAL HEALTH:**

#### **THREATS**

- **Poverty**
- **Stress**
- **Anxiety**
- **Stigma**
- **Grief**
- **Social isolation**

#### **STRENGTHS**

- **Roles**
- **Relaxation**
- **Exercise**
- **Empowerment**
- **Compassion, empathy**
- **Social network**

### **RESPONSES TO STRESS**

It must be kept in mind that moderate stress can be motivating, but excessive stress or trauma can be damaging and even cause:

- Muscle inflammation
- Backache
- Chronic headaches
- Depression
- Ulcers
- Irregular heartbeat
- High blood pressure
- Anxiety

**Individuals respond differently to stress.**

### **SIGNS OF MENTAL HEALTH PROBLEMS**

Under certain circumstances it is normal to feel depressed, angry, guilty or anxious. However, when these feelings persist a long time for no good reason, this can signal a mental health problem requiring attention and professional help.