

Mental Health Awareness

* *What is mental health?*

Mental health refers to cognitive, behavioral, and emotional well-being. It is all about how people think, feel, and behave.

Boost your mental health:

- Talking about your feelings with a trusted person or a professional.
- Stay active with sports or exercise.
- Handle one task at a time if overwhelmed with juggling too many things.
- Maintain a daily personal journal
- Take enough breaks

* *Signs your mental health is in good shape :*

- You understand that fluctuations in your mental health are natural. You have awareness that negative emotions are a part of life and possess an openness to seeking help if need be.
- You feel good and satisfied overall with yourself.
- You choose to see different perspectives in a situation. You don't always blame yourself and know when to take responsibility for your actions.
- You are likely to feel a sense of belonging to a community and contributing to society.
- You can cope with your circumstances well.
- You know when to say "NO" to people.
- You have healthy relationships.
- You don't try to please everyone.
- You have got a healthy self-focus

Words of Inspiration from

Celebrities who have been open about their mental health journey



BROOKE SHIELDS- POST PARTUM DEPRESSION

"I've never found therapy to be a sign of weakness; I've found the opposite to be true. The willingness to have a mirror held up to you definitely requires strength."



CARRIE FISHER – BIPOLAR, SUBSTANCE ABUSE

"Stay afraid, but do it anyway. What's important is the action. You don't have to wait to be confident. Just do it and eventually the confidence will follow."



HERSCHEL WALKER – DISSOCIATIVE IDENTITY DISORDER

"My God given talent is my ability to stick with training longer than anybody else."



JIM CARREY – DEPRESSION

"Your need for acceptance can make you invisible in this world. Don't let anything stand in the way of the light that shines through this form. Risk being seen in all of your glory."

Tips on

Finding the Best Mental Health Therapist/Coach for you

3 tips to consider when looking for a Therapist / Coach

1. Coaching Style

TO SUIT YOUR PERSONALITY

Everyone learns differently. From structured to open and free-flowing coaching, it's important that it suits your learning style.



2. Qualifications

CHECK TRAINING & CERTIFICATION

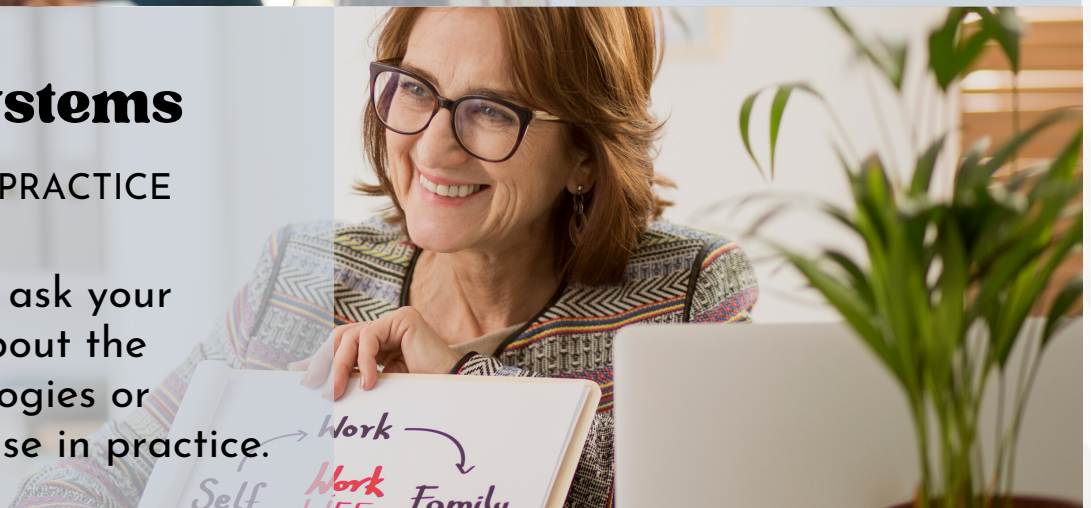
Coaching based on evidence-based practice matters. Ask what techniques the coach is trained in and how they will use them.



3. Tools & Systems

THAT THEY USE IN PRACTICE

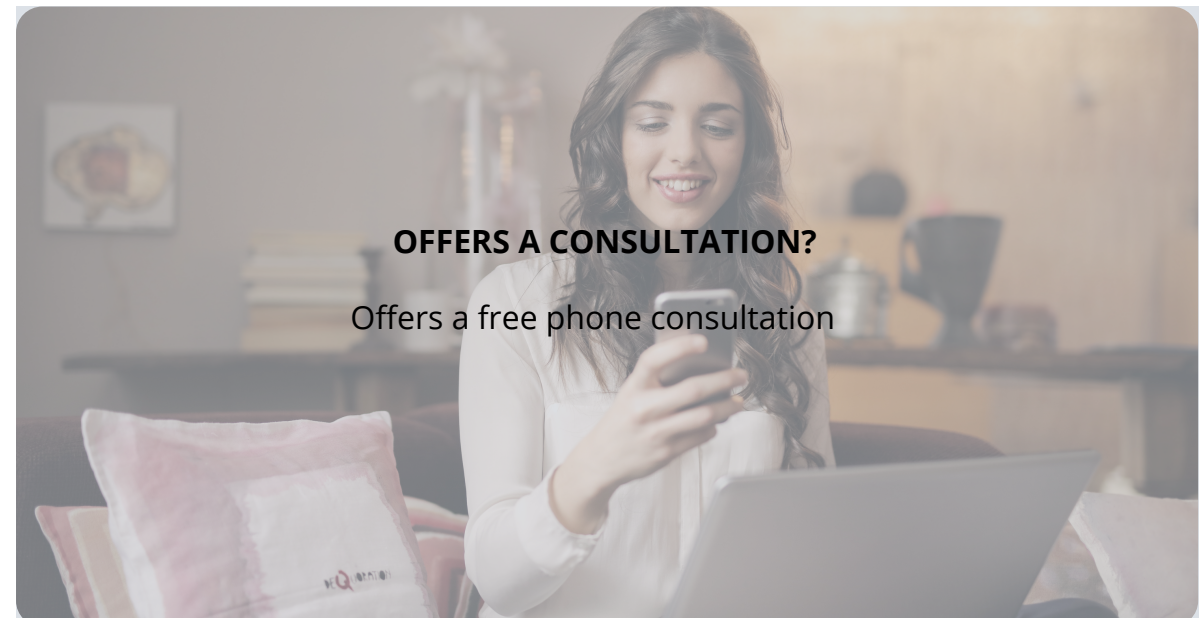
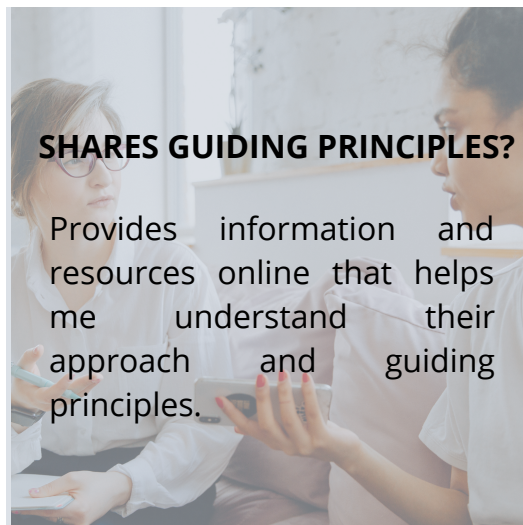
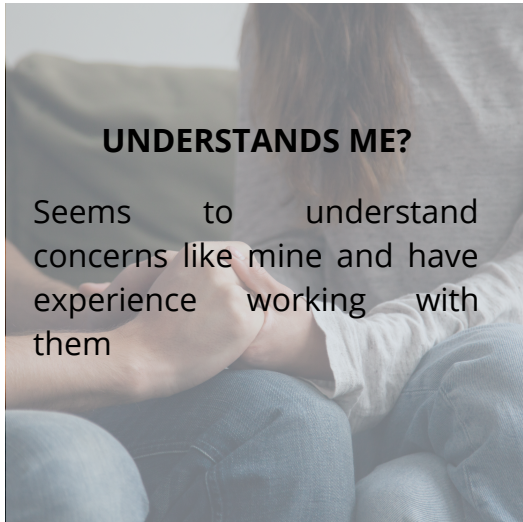
Don't be afraid to ask your potential coach about the systems, methodologies or frameworks they use in practice.



Tips on

Finding the Best Mental Health Therapist/Coach for you

After considering a coach/therapist's training and certification, ask yourself these questions.



Mental health tracker

Date: _____

MY MOOD:

HOW I FEEL TODAY

EXERCISE

FOOD & BEVERAGE

POSITIVE THINGS THAT HAPPENED TODAY
