WHAT IS MENTAL WELLNESS?

Being mentally well is more than just the absence of a diagnosed mental health condition. It includes our overall emotional, psychological,and social well-being.



AND WHY DOES IT MATTER?



Our level of mental wellness impacts our ability to cope with stress, engage in meaningful activities, and build positive relationships.

10 BENEFITS OF MENTAL WELLNESS

1. Reduces risk of physical health problems such as heart disease, stroke, and type 2 diabetes
2. Reduces risk of developing depression and anxiety
3. Increases positive outlook and ability to enjoy life
4. Increases ability to cope with stressful or difficult life events
5. Increases creativity and openness to new experiences
6. Improves relationships with the people in our lives
7. Increases productivity to allow us to reach our potential
8. Enables us to make meaningful contributions to our families, communities, and society
9. Increases ability to think clearly and make healthy decisions
10. Improves mood, self-esteem, and confidence

WHEN SHOULD I SEEK PROFESSIONAL HELP TO SUPPORT MY MENTAL HEALTH?

If you are experiencing severe or distressing symptoms that have lasted 2 weeks or more, such as:

- Difficulty sleeping
- Changes in appetite or unplanned weight changes
- Difficulty getting out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Inability to complete usual tasks and activities
- Feelings of irritability, frustration, or restlessness

TIPS TO IMPROVE MENTAL WELLNESS

Keep a gratitude journal





Get good sleep



Stay active



Eat healthy meals



Reach out to family and friends for support

If you are in immediate distress or are thinking about hurting yourself, 988 can help

Call-Text-Chat 988

988 SUICIDE & CRISIS LIFELINE

Mental Health America of Kentucky

Access screening, resources, programs, and more

https://mhaky.org/

TEAM KENTUCKY

CABINET FOR HEALTH AND FAMILY SERVICES

KENTUCKY DEPARTMENT FOR BEHAVIORAL HEALTH, DEVELOPMENTAL AND INTELLECTUAL DISABILITIES

DIVISION OF MENTAL HEALTH

MENTAL HEALTH PROMOTION, PREVENTION & PREPAREDNESS BRANCH

RESOURCES

- https://www.nimh.nih.gov/health/topics/caring-for-your-mental-health
- https://positivepsychology.com/benefits-of-mental-health/
- https://www.cdc.gov/mentalhealth/learn/index.htm