

# Wellness Tenet: Mental Health

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## What is Mental Health?

Mental Health refers to one's psychological and emotional well-being. With several factors at play, Mental Health can be complex. Some factors may be chronic (continually present) or acute (related to a crisis). When one or more of these factors seem to be out of your control, consulting a mental health professional is advisable. There are also practices that have been proven to promote Mental Health wellness.

## Proven Practices...

- Journaling
- Meditation
- Exercise
- Counseling

## A Few Warning Signs for Mental Health Problems...

- Eating/ sleeping too much or too little
- Feeling unusually confused, forgetful, angry, upset, or scared
- feeling numb or hopeless
- Inability to complete daily tasks
- thinking of hurting yourself or others

