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facts about mental health for practitioners and patients



1

Mental wellness is as important as physical wellness



A sense of wellbeing can be increased by practising:

- Connection with family and friends
- Gratitude and kindness
- Humour – the ‘best medicine’

2

Movement is good for your mental health



Physical activity is associated with:

- Mood-elevating effects
- Increased wellbeing
- Decreased stress, anxiety and depression
- Increased social and preventative health benefits



3

Mindfulness reduces stress



Practising mindfulness promotes:

- Health
- Happiness
- Wise decision-making in the face of stress and challenge

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Mastering new skills gives some sense of control during times of crisis and a sense of achievement

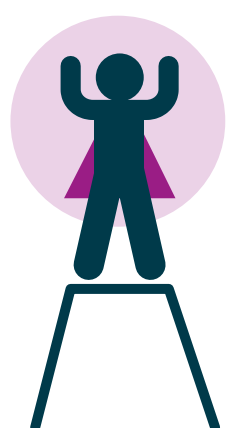
Mastering a new skill:

- Strengthens mental focus
- Engenders feelings of accomplishment
- Provides pleasure and fun
- Contributes to brain growth and health
- Improves mental clarity and concentration



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Meaning has been linked to resilience and better mental health



A meaningful life leads to:

- Better mental health and resilience
- Better physical health
- Positive effects on symptoms of depression



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