

FACTORS OF MENTAL WELLNESS

An individual's sense of mental wellness is influenced by many factors, including emotional, social, and physical factors.



EMOTIONAL FACTORS

- ability to identify and process emotions
- responses to emotions
- self-image and self-esteem
- ability to manage stress

SOCIAL FACTORS

- sense of belonging, purpose, and acceptance
- personal and social identities
- family relationships and friendships
- social and institutional structures

PHYSICAL FACTORS

- ability to meet basic survival needs
- sense of safety and comfort
- energy levels
- physical health

MENTAL WELLNESS STRATEGIES

TAKE CARE OF YOUR BODY.

CHANGE AN EMOTION, FEELING, OR BEHAVIOR.

SPEND TIME WITH PEOPLE THAT YOU CARE ABOUT.

CREATE ROUTINES THAT HELP YOU FEEL BALANCED AND CONNECTED.

EXPLORE NEW INTERESTS AND PASSIONS.

PROCESS AND EXPRESS YOUR EMOTIONS.

IF YOUR EMOTIONS BEGIN TO FEEL OVERWHELMING, TALK TO A TRUSTED ADULT.

TAKE ACTION FOR MENTAL WELLNESS

While individuals can use strategies to care for mental wellness, regardless of their circumstances, it is also possible to take action to increase access to mental wellness for yourself and others.

1

REFLECT ON WHAT YOU SEE

- Notice what inspires you or what you would like to change.
- Envision the options for change.

2

CONNECT WITH OTHERS

- Find others who share your interests or passions.
- Use your combined strengths and resources.

3

RESEARCH SOLUTIONS

- Ask questions.
- Explore various perspectives and possible solutions.

4

TAKE ACTION

- Make a plan.
- Work the plan.

5

REFLECT ON YOUR IMPACT

- Identify whether you reached your goals.
- Determine the next steps.