



World Mental Health Day 10th October 2022

People who are mentally healthy have:

- A sense of contentment.
- A zest for living and the ability to laugh and have fun.
- The ability to deal with stress and bounce back from adversity.
- A sense of meaning and purpose, in both their activities and their relationships.
- The flexibility to learn new skills and adapt to change.
- A balance between work and play, rest and activity, etc.
- The ability to build and maintain fulfilling relationships.
- Self-confidence and high self-esteem.



• The relationship between resilience and mental health

- Having solid mental health doesn't mean that you never go through bad times or experience emotional problems. We all go through disappointments, loss, and change. And while these are normal parts of life, they can still cause sadness, anxiety, and stress. But just as physically healthy people are better able to bounce back from illness or injury, people with strong mental health are better able to bounce back from adversity, trauma, and stress. This ability is called *resilience*.
- People who are emotionally and mentally resilient have the tools for coping with difficult situations and maintaining a positive outlook. They remain focused, flexible, and productive, in bad times as well as good. [Their resilience](#) also makes them less afraid of new experiences or an uncertain future. Even when they don't immediately know how a problem will get resolved, they are hopeful that a solution will eventually be found.