

GENERAL

What is mental health?

TAKE NOTES

1. Note down any relevant statistics, particularly ones you were surprised by.

OBSERVATION

Anyone can develop emotional wellbeing issues. There are certain risk factors that make us more susceptible to more complex issues:

- Our genetics and family history may make us pre-disposed to certain inherited challenges or disorders.
- Traumatic events or life situations can trigger issues to arise throughout the course of our life.
- Certain infections, diseases, brain injuries or changes to our brain chemistry can also lead to the onset of a mental health condition.

Do you feel that there are any genetic or environmental factors that have, or could potentially affect your mental health?

GENETIC	ENVIRONMENTAL
E.g. My Uncle has bipolar	E.g. I was in a serious car accident and my friend died.

GENERAL

What is mental health?

JOURNAL

What are your thoughts about each of the following statements?

- Mental Health is a spectrum, just like physical health. Sometimes we are fit and well, sometimes we are distressed and our functioning is impaired.
- Mental health is not about being happy all the time. All emotions – including the uncomfortable ones like stress and sadness, all serve a purpose. We can still have mental health whilst experiencing the full range of emotions, and whilst facing challenging events and situations in our life.
- Negative emotions are a part of life, it's the intensity and duration of them that affect our ability to cope and function well.

Do they make sense to you?

*Do you feel any conditioned resistance to **these statements**, caused by previously held beliefs?*