

ACHIEVEMENT OF POSITIVE MENTAL HEALTH

CC-11 (Counselling Psychology) Unit 1; SEM III

By

Dr. Priyanka Kumari,

Assistant Professor

Institute of Psychological Research and Service

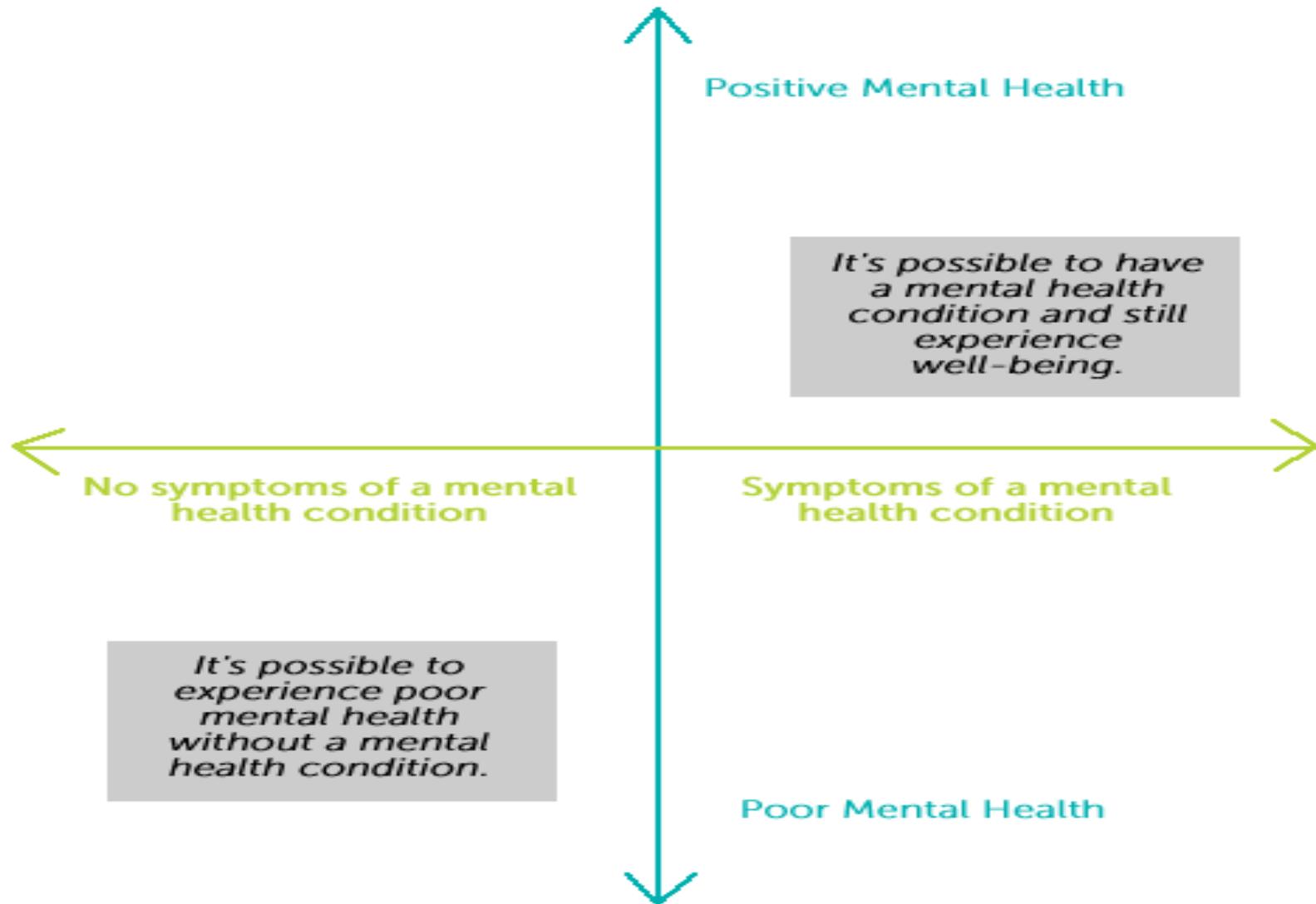
Patna University

Contact No-7654991023, E-mail-drpriyankakumari1483@gmail.com

ACHIEVEMENT OF POSITIVE MENTAL HEALTH



- ❑ Good **mental health**, according to the World Health Organization, is **defined** as a state of well-being where individuals are able to: Realize their own potential. Work productively, Cope with the normal stresses of life and make a **positive** contribution to the community.
- ❑ Positive mental health is about reaching our potential and feeling like we always have the chance to give everything our best shot. Not just feeling positive, but also getting out there in the big bad world. Positive mental health not only prevents mental ill health, it also leads to greater enjoyment and satisfaction with one's life.
- ❑ Mental health is about more than being free of mental illness such as depression, bipolar disorder, or schizophrenia. It is also about having a positive sense of wellbeing. Positive mental health allows us to enjoy life's pleasures, believe in our own abilities, cope with the normal stresses of life, work/study productively and enjoy socializing.



Two-continuum model

- In 1948, the World Health Organization proclaimed that mental health was more than mere absence of mental illness, psychology in the twentieth century was dominated by the medical model which identified health as an absence of disease.
- The dominance of the medical model has changed in recent years, as it has become increasingly apparent that mental health and mental illness are distinct. Moreover, an understanding of the nature and causes of mental health might facilitate both treatment and prevention of mental illness (Ryff & Singer, 1998).
- Three different models of positive mental health have been examined in recent years, namely:
 - Subjective well-being;
 - Psychological well-being; and
 - Social well-being.
- Ryff & Singer, 1998 focused on how the Subjective wellbeing, Psychological well-being, and Social well-being models are complementary, and work together to serve as distinct but related indicators of positive mental health.

Mental Wellness

Mental Illness



Meaningful Life

Grateful

Contented

Other-centered



Engaged Life

Busy

Distracted

Involved



Pleasurable Life

Pleasure seeking

Preoccupied

Unsatisfied



Struggling

Self-focused

Negative



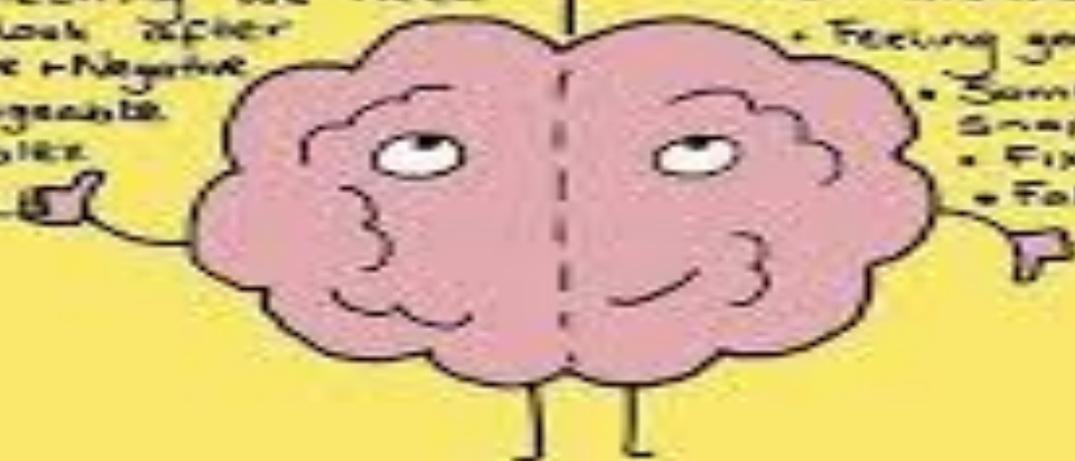
MENTAL HEALTH

IS...

- Important
- Something everyone has
- Intrinsically linked to (=~~probably~~-inseparable from) physical health
- On a continuum
- Worth making time for
- Part of being human
- Something we need to look after
- Positive + Negative
- Changeable
- Complex
- Real

ISN'T...

- A sign of weakness
- Shameful
- All in your mind
- Always something negative
- Something you decide to have
- Something to think about only when you feel broken
- An interchangeable term with mental illness
- Feeling good all the time
- Something you can snap out of
- Fixed
- Fake news



- ❑ Subjective well-being Subjective well-being (SWB) is the first and most well studied of the three models (Diener, Suh, Lucas, & Smith, 1999). It also has been referred to as hedonic or emotional well-being (Keyes, 2005).
- ❑ Social well-being is made of three related components of well-being:
 - (a) Presence of positive affect;
 - (b) Absence of negative affect; and
 - (c) Life satisfaction.
- ❑ Social well-being is an extension of the philosophy of hedonism, which identifies pursuit of pleasure and avoidance of pain as the ultimate goals of life (Ryan & Deci, 2001).
- ❑ Social well-being model also assumes that individuals are the best judges of whether they are happy (Diener, Sapyta, & Suh, 1998).
- ❑ Two studies have demonstrated that Social well-being can be explained by genetics, and individuals may have a biologically determined “set-point” for happiness that accounts for about 50 percent of levels of happiness (Lyubomirsky, Sheldon, & Schkade, 2005).
- ❑ Personality research has demonstrated that Social well being is relatively stable across the lifespan and has identified physical, psychological, and demographic factors associated with SWB (see Diener et al., 1999).

POSITIVE MENTAL HEALTH

Self-rated
mental health

Happiness

Life
satisfaction

Psychological
well-being

Social
well-being



- ❑ Psychological well-being represents a different facet of positive mental health not captured by the emotion-oriented subjective well-being model (Keyes et al., 2002; Ryff, 1989; Ryff & Keyes, 1995).
- ❑ Psychological and subjective well-being provide two compelling and empirically supported models of individual well-being, they provide a limited account of how interpersonal and social forces can promote and reflect holistic well-being.
- ❑ Keyes (1998) argued that intrapersonal focus reflects a bias in psychological research, because only focusing on individual differences does not properly consider an individual's social condition and social experiences that also impact his or her personal well-being.
- ❑ Keyes has therefore proposed that social well-being is an additional important facet of positive mental health that should be studied in conjunction with subjective and psychological well-being for a more holistic description of positive mental health.
- ❑ Social well-being consists of five factors that represent the “appraisal of one's circumstance and functioning in society” (Keyes, 1998). These five factors are
 - Social acceptance,
 - Social actualization,
 - Social coherence,
 - Social contribution, and
 - Social integration.



- ❑ Individuals who are high in Social well-being factors show five qualities:
 - (a) Favorable views of others and feeling comfortable with other people (social acceptance);
 - (b) Believing that the institutions and individuals of a society are helping to reach the individuals' and institutions' potentials (social actualization);
 - (c) Perceiving order and quality in the social world and expressing concern about their social world (social coherence);
 - (d) Believing themselves to be important and efficacious members of society (social contribution);
 - (e) Feeling that they are a part of their society similar to other such members (social integration).

- ❑ Complete mental health- The models of subjective, psychological, and social well-being have recently been unified into a complete model of mental health that identifies the three theories of well-being, as related though distinct indicators of flourishing mental health (Keyes, 2005).

- ❑ This model considers mental health and mental illness to be distinct dimensions of functioning rather than ends of a single spectrum. Thus, psychologists now have both continuous and categorical measures and models of well-being that have been empirically tested and supported in a broad variety of samples

Why is positive mental health important

- ❑ Positive mental health allows you to enjoy all the activities you want to participate in. It doesn't mean you will never be sad or go through emotionally-challenging times. However, those with positive mental health will be able to bounce back more easily from these experiences - this is called mental resilience.
- ❑ Having mental resilience means individuals have the tools to cope with adversity, trauma and stress.

Mental Health and Wellness

Positive mental health allows people to:

Make meaningful contributions to their communities

Cope with the stresses of life

Work productively

Realize their full potential

Ways to maintain positive mental health include:

Getting professional help if you need it

Connecting with others

Staying positive

Getting physically active

Helping others

Getting enough sleep

Developing coping skills



Three ways to foster positive mental health

1. Taking care of physical needs

❑ Mental health and body are interconnected. 'Healthy mind, healthy body' goes the old Roman adage, and in many ways this is absolutely true. It's very difficult to feel mentally on point if physical needs are not catered for. For example, it's very hard to feel good if feel unwashed or had nothing to eat.

When caring we should make sure to:

- Eat nutritious meals that include all the main food groups: proteins, carbohydrates, fruits, vegetables and fats.
- Enjoy a good standard of bodily and environmental hygiene. This means bathing, washing clothes and cleaning living space regularly.
- Drink plenty of fluids, particularly water to avoid dehydration.
- Avoid stimulants such as caffeine and alcohol that can adversely impact our mood.
- Avoid harmful activities such as smoking or drinking to excess.
- Get enough sleep. According to Better Health Victoria healthy adults need about eight hours of sleep every night.

POSITIVE MENTAL HEALTH TOOLKIT

Being **kind** to yourself and others



Developing and using **positive coping strategies**



Using flexible and accurate **thinking skills**

Identifying **good things** in life



Using **problem solving** skills



Being able to **set and achieve goals** and take action.

Using **social skills** and the ability to **seek assistance** from others

www.mentalhealth.org.uk

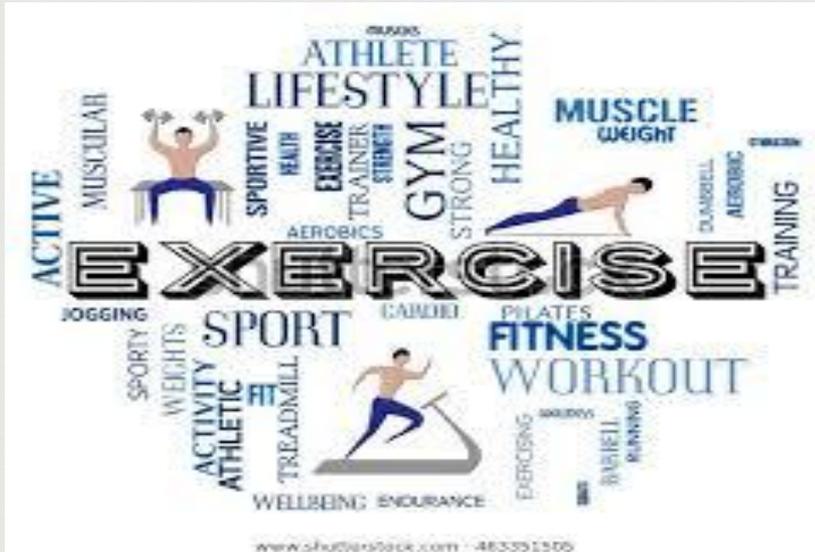
2. Make time for social connection

- Humans are social creatures, and find comfort in the company of like-minded people.
- The best type of interaction involves face-to-face connection. Phone calls and Skype conversations are great for keeping long distance relationships alive.
- Physical encounter and having a chat with a friend or close family member also gives the opportunity to air concerns or worries that may be weighing down.



3. Exercise and physical activity

- Exercise is a way to help treat mental health complaints, according to research reported by Health Direct. Physical activity releases endorphins which help to lift mood and also give energy.
- Regular exercise can also help to sleep better and feel more at one with oneself.
- Going for a short walk or tackling weeds in the garden can elevate heart rate and provide a good work out.



positive thoughts

generate

positive feelings

and attract

positive life

experiences

*Change your thoughts and
you change your life.*

— Norman Vincent Peale

The Anxious Empath
www.emmacloirebell.com

