

Learning Goal (Begin with the End in Mind): I will have some criteria with which to judge mental health. I will be able to reflect on my own mental health by applying these criteria and understand that a perfect score is not important.

HOW DO WE DEFINE MENTAL HEALTH?

Having mental health does not mean having **NO** problems but being mentally well or healthy implies that we have the ability to recognize our problems and the ability to deal with them before they get out of hand.

We are mentally healthy when we _____ with the demands of everyday life in a _____.

____ of 10 Canadians report very good or excellent mental health.

INDICATORS OF A HEALTHY MIND...

- mentally healthy people generally observe and understand what is going on around them
- they judge their own reactions and capabilities realistically
- they are aware of their own motives and feelings and can control their behaviour
- they may sometimes act without thinking about consequences, but they can restrain their impulses when necessary
- while they may not always behave as society expects, they do so deliberately and with a reason
- they appreciate their own worth and feel accepted by others in their lives
- they are capable of forming close and satisfying relationships with others and of being sensitive to others' needs as well as their own
- while they may have stress or problems to deal with, it is not affecting them to the point that it interferes with regular daily activities



It is important to note that _____ – it is a guideline or rough assessment of what it means to be healthy – it is okay not to have a perfect score!

Other indicators of mental health are based on the concept of _____ ...

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DEFINING "NORMAL"

IS NORMALITY IN THE EYE OF THE BEHOLDER?

HOW DO WE DEFINE NORMAL?

'normal' is a difficult concept or term to establish

'normal' varies from culture to culture & from time to time

- 1. The way others see it*
- 2. The way you or the person themselves sees it*
- 3. Statistics*
- 4. Failures in Socialization*
- 5. It's all about Context*

1. THE WAY OTHERS SEE IT

- 'normal' based on fitting in & _____
- a person who has attitudes and behaviour patterns that _____ that the person spends time with
- like beauty, normalcy is in the eye of the beholder



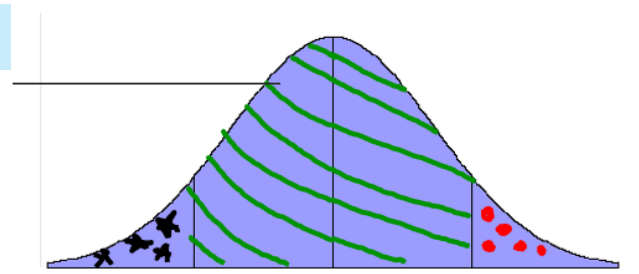
2. THE WAY THE PERSON THEMSELF SEES IT

- subjective _____
- is the client comfortable and happy and do they report feeling emotionally well?



3. STATISTICS

- statistical definition
- using the 'bell curve' determine whether the client fits
- where the majority of the population fits
 - example... anxiety levels



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4. FAILURES IN SOCIALIZATION

- _____ or failures in socialization
- when a client displays behaviour that is not considered appropriate and behaviours that will not help them succeed



5. IT'S ALL ABOUT CONTEXT

- _____
- what is considered "normal" behaviour in one context may be entirely inappropriate in another situation

example...

- if you take off your clothes in a doctors office – _____
- if you take off your clothes at the football game – _____



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THE END