

MENTALLY HEALTHY PERSON



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The World Health Organization defines mental health as a state of physical, mental, spiritual and social wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, and is able to make a contribution to their community. Mental health and wellbeing is a combination of both positive feelings and positive functioning.

Mental health and wellbeing is an indivisible part of general health and a fundamental right of every human being. Essential for the optimal functioning of individuals, families, communities and societies, it is everybody's concern and responsibility.

CHARACTERISTICS OF MENTALLY HEALTHY PERSON

They feel good about themselves:

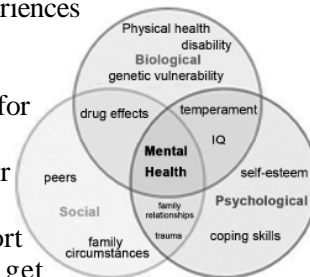
1. They are not overwhelmed by their own emotions-fears, anger, love, jealousy, guilt or worries.
2. They can take life's disappointments in their stride.
3. They have a tolerant, easy-going attitude towards the selves as well as others and they can laugh at themselves.
4. They neither underestimate nor overestimate their abilities.
5. They can accept their own shortcomings.
6. They have self-respect.
7. They feel able to deal with most situations.
8. They can take pleasure in simple, everyday things.

They feel comfortable with other people:

9. They are able to give love and consider the interests of others.
10. They have personal relationships that are satisfying and lasting.
11. They like and trust others, and feel that others will like and trust them.
12. They respect the many differences they find in people.
13. They do not take advantage of others nor allow others to take advantage of them.
14. They feel they can be part of a group.
15. They feel a sense of responsibility to fellow human beings.

They are able to meet the demands of life:

16. They do something about their problems as they arise.
17. They accept their responsibilities.
18. They shape their environment whenever possible; they adjust to it whenever necessary.
19. They try to plan ahead and do not fear the future.
20. They welcome new experiences and new ideas.
21. They use their talents.
22. They set realistic goals for themselves.
23. They are able to make their own decisions.
24. They put their best effort into what they do, and get satisfaction from doing it.



PRINCIPLES OF MENTALLY HEALTHY PERSON

1 RESPECT AND PARTICIPATION: People with mental health problems /mental health illness, there families and carers are treated with dignity and respect and their participation all aspects of life is acknowledged and encouraged as fundamental to build good mental health and to enrich community life

2 ENGAGEMENT: People with mental health problems / mental health illness, there families and carers are engaged as genuine partners and advising and leading mental health developments at individual, community and service system levels.

3 DIVERSITY: the unique needs and circumstances of the people from diverse backgrounds are acknowledged including people with aboriginal or from culturally and linguistically diverse backgrounds, people with disability and people of diverse gender orientation and responsive approaches developed to meet there needs.

4 QUALITY OF LIFE: by developing personal resilience and optimism, maintaining meaningful relationships, having access to housing and employment, opportunities to contribute and engage within the community and access to high mental health services when needed, individuals can build healthy and satisfying life despite experiencing mental health problems

5 QUALITY AND BEST PRACTICE: Mental Health Programmes Are Everywhere based On Contemporary Best Practice, easily accessed and delivered in a timely and collaborative way.

PROTECTIVE AND RISK FACTORS FOR MENTAL HEALTH WELLBEING

The Melbourne Charter for Promoting Mental Health and Preventing Behavioural Disorders identifies the following risk and protective factors for mental health and wellbeing.



PROTECTIVEFACTORS	RISKFACTORS
<ul style="list-style-type: none"> ❖ Arts and cultural engagement ❖ Childhood: positive early childhood experiences, maternal attachment ❖ Cultural identity ❖ Diversity: welcomed, shared, valued ❖ Education: accessible ❖ Environments: safe ❖ Empathy ❖ Empowerment and self determination ❖ Family: resilience, parenting competence, positive relationship with parents and/or other family members ❖ Food: accessible, quality ❖ Housing: affordable, accessible ❖ Income: safe, accessible employment and work conditions ❖ Personal resilience and social skills ❖ Physical health ❖ Respect ❖ Social participation: supportive relationships, involvement in group and community activity and networks ❖ Sport and recreation: participation and access ❖ Transport: accessible and affordable ❖ Services: accessible quality health and social services ❖ Spirituality 	<ul style="list-style-type: none"> ❖ Alcohol and drugs: access and abuse ❖ Disadvantage: social and economic ❖ Displacement: refugee and asylum-seeker status ❖ Disability ❖ Discrimination and stigma ❖ Education: lack of access ❖ Environments: unsafe, overcrowded, poorly resourced ❖ Family: fragmentation, dysfunction and child neglect, post-natal depression ❖ Food: inadequate and inaccessible ❖ Genetics ❖ Homelessness ❖ Isolation and exclusion: social and geographic ❖ Natural and human-made disasters ❖ Peer rejection ❖ Political repression ❖ Physical illness ❖ Physical inactivity ❖ Poverty: social and economic ❖ Racism ❖ Unemployment: poor employment conditions and insecure employment ❖ Violence: interpersonal, intimate and collective; war and torture ❖ Work: stress and strain

DETERMINANTS OF MENTALLY AND PHYSICALLY HEALTHY PERSON

POPULATIONS	SETTINGS	ACTIONS
<p>Populations for mental health promotion include:</p> <ul style="list-style-type: none"> ❖ children ❖ young people ❖ women and men ❖ older people ❖ Indigenous communities ❖ culturally diverse communities ❖ rural communities. <p>People at most risk include: Indigenous people, people with mental illness, children and young people (including same sex attracted), people with disabilities, elderly people, homeless people, refugees and migrants,</p>	<p>Mental health promotion occurs in <i>“everyday”</i> contexts, including:</p> <ul style="list-style-type: none"> ❖ housing ❖ community ❖ education ❖ workplaces ❖ sport and recreation ❖ health ❖ transport ❖ corporate ❖ public space ❖ arts ❖ local government ❖ justice ❖ technology. 	<p>Health promotion action areas include:</p> <ul style="list-style-type: none"> ❖ direct participation programs ❖ organisational development (including workforce development) ❖ strengthening of communities and community environments ❖ legislative and policy reform ❖ communications and social marketing ❖ advocacy ❖ research, monitoring and evaluation. ❖ promoting mental health literacy ❖ targeted skills and resilience building.

CONCLUSION

Internal or external factors have shaped your mental and emotional health, it’s never too late to make changes that will improve your psychological well-being. Risk factors can be counteracted with protective factors, like strong relationships, a healthy lifestyle, and coping strategies for managing stress and negative emotions.

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