



Mental Wellness

E-Book

5 Components of Wellness:

Wellness is defined as your state of being in good health, it is the practice of healthy habits in your day-to-day life to strive towards better mental and physical outcomes to help you thrive. Below I have indicated the major components of wellness, but it is not limited to this list intellectual, financial, occupational, and environmental wellness are also vital factors.

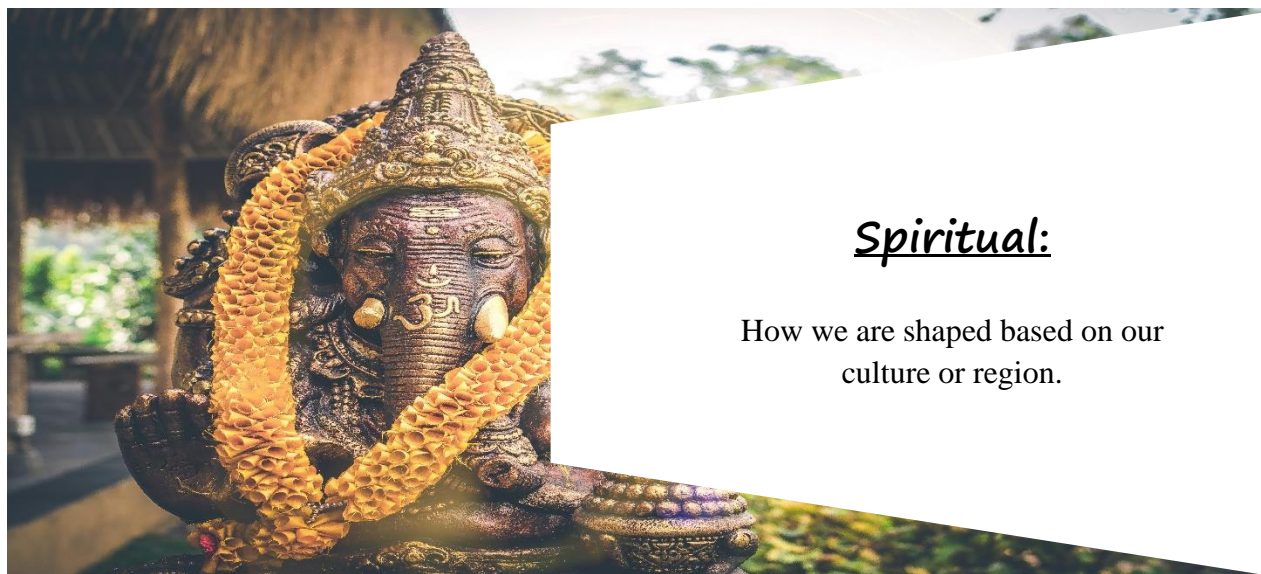
Mental:

How we think, rationalize, process, and understand.



Spiritual:

How we are shaped based on our culture or region.





Physical:

How we behave and function



Social:

Our ability to connect within and outside of relationships



Emotional:

How we feel, regulate and express emotion

THE GOAL IS TO MAINTAIN A GOOD BALANCE IN EACH AREA!

WHAT IS MENTAL WELLNESS?

Mental wellness is focusing on your mental and cognitive functioning; in addition to our emotions, social relationships, physical health, ability to function in our daily life and lastly, our spiritual health.

When thinking of mental wellness, it is important to note that it is a separate phenomenon than a mental health disorder/illness. In other words, you do not have to be diagnosed with a mental health disorder (ex. Depression, OCD, anxiety etc.) to have poor mental wellness. Mental wellness requires conscious daily action because it is an ongoing and active internal process that helps building resilience and internal growth. You are using it as an internal resource to help your think, feel, connect, and function. Your mental wellness is never going to be static it is a lifetime process that will fluctuate as you go through life. However, it is a proactive choice that you can make for yourself that helps strengthen your mental, emotional, physical, social, and spiritual resources.

WHY IS MENTAL WELLNESS IMPORTANT?

When you prioritize your mental wellness, you are allowing yourself to build resilience to adversity and create a more meaningful life towards self – actualization*. Furthermore, you are learning how to understand your emotional state and learn how to regulate your emotions. Which helps you learn essential stress management skills that you can implement into your day – to – day routines allowing you the ability to maintain healthy mind – body connection to make healthy choices.

Maintaining a healthy mental state will help you to understand your bodies current coping mechanism including your fight, flight, and freeze mode. This will allow you to utilize the right tools to intercept toxic behaviours and relearn positive behaviors.

It is especially important to nurture your mental wellness when it comes to your mindset and outlook on life. If you are an individual who has faced multiple adversities throughout your life, maintaining a positive mindset becomes tricky. When you can consciously prioritize your mental state, you are more likely to shift your mindset and start seeing life in a more positive way.

Your brain produces endorphins or as I like to call it “happy drugs” which help strengthen your immune system. This can happen when your thoughts, emotions and behaviors are positive. Negativity prohibits your brain from producing “happy drugs” which ultimately decreases your overall health.



WHAT CAUSES POOR MENTAL WELLNESS?

There are various factors that can lead to poor mental wellness such as your childhood, trauma, environment, biology, and lifestyle. Some specific examples include:

- Social isolation
- Loneliness
- Suffering from discrimination or prejudice
- Debt, or poverty
- Losing someone close to you
- Suffering from a long-term physical health condition
- Toxic work/home environment
- Chronic stress
- Codependency

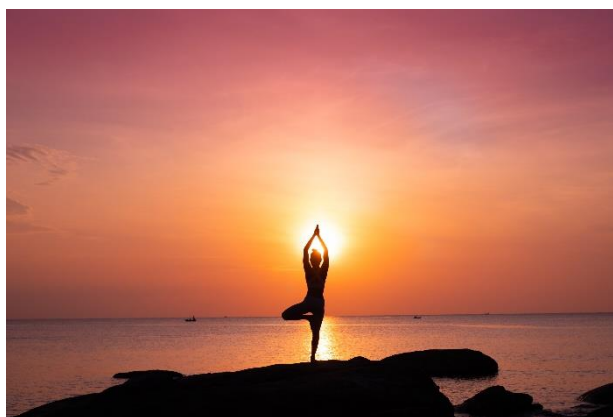
Poor mental wellness is a learned behavior that can become debilitating. It becomes exceptionally dangerous when the behavior becomes normal for an individual. When this happens, the individual will have a difficult time differentiating between healthy and unhealthy coping mechanisms and fall more at risk of developing serious mental health illnesses or risky behaviours (i.e., substance abuse).

As I mentioned before it is completely normal to have ups and downs in your wellness. We all have bad days that can get overwhelming. So, no you are not crazy, you may just need to restock your tool kit and add some fresh new tools into your belt to overcome this hump on the road. However, if you notice that your health has been declining for a while, that is a sign that you are putting yourself at risk.

HOW TO IMPROVE & MAINTAIN YOUR MENTAL WELLNESS

Meditation: A practice that utilizes various techniques such as mindfulness, deep breathing to help lower stress and send calming messages to your brain. There are various types of meditation avenues that you can implement into your life here are some examples:

- Yoga or movement meditation
- Progressive muscle relaxation involves tensing and relaxing each muscle group to help reduce anxiety and muscle tension.
- Guided imagery which is a technique where you imagine yourself in a setting that can help you feel calm and relaxed
- focused meditation which is a method using your 5 senses to help you focus and concentrate to bring you back into the present
- Mindfulness meditation a method where you pay attention to your thoughts as they pass through your mind and allow them room to express.
- Spiritual meditation involves taking a deeper understanding of spiritual/religious meaning and connection with a higher power
- Mantra meditation involves using repetitive sounds (ex om) to clear your mind
- Love-kindness meditation which is used to strengthen the feeling of compassion, kindness and acceptance toward oneself and others





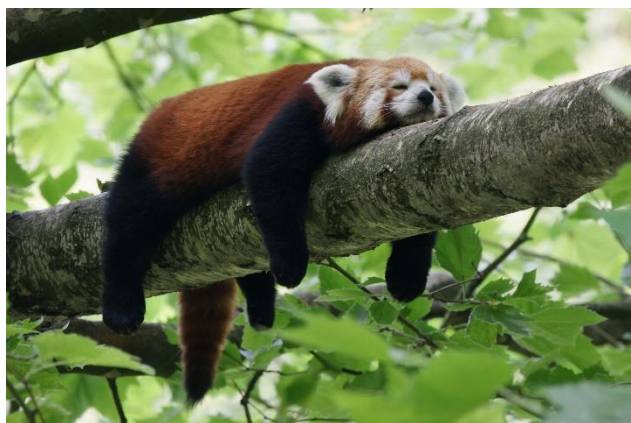
Social connection: The relationship you have with others. Where you feel close and connected to others. You experience feelings of love, empathy, and value.

- Have a safe social network where you feel like you can be your authentic self and freely express yourself.
- Try to prioritize face – to – face time.
- Allows you to learn how to build resilience to adversities
- Be mindful of the people that you are connecting to, try to ensure they are positive and lift you up.

Physical activity: Getting your body moving has a major impact on your mental and emotional health it can help relieve stress, improve memory, and help improve sleep. You release endorphins that improves negative moods. Furthermore, helps with your self – esteem, cognitive functioning and prevents mental health illnesses.



- Get outside and go for a walk out in nature, take it one step further and practice mindfulness at the same time
- Find an activity you love doing that gets you moving, this will help motivate you to prioritize your physical health
- Find a workout buddy!
- Challenge yourself and take a class in something you have always wanted to do. (I.e., Zumba, dance, spin, kickboxing). Side bonus you will be taking small steps to get out of your comfort zone.
- Make it fun! The less you think of physical activity as a chore the more likely you will unknowingly make it part of your daily routine.



Sleep: It is important to get enough sleep as it is closely connected to your mental and emotional health. It is an important factor for your body to recover.

- Limit screen time before bed if you can try not to have any screen time an hour before going to bed.
- Make a consistent bedtime, this helps signal to your brain when to release melatonin.
- Utilize white noise to help with your sleep
- Keep your room at a good temperature to prevent discomfort
- If you can only use your bedroom for sleep, have a separate room for work and leisure.

Self – Care: this is the process of taking care of yourself to prevent illness and improve one’s health. There are 5 types physical, social, mental, spiritual, and emotional.

- Find an activity that you love doing and prioritize time to practice it regularly.
- Give yourself time to practice reflection routines such as gratitude, journaling, or affirmations
- Allow yourself room to practice your spirituality.
- Try not to involve your self – care with technology. Utilize your creative brain to help you regulate your emotions
- Schedule time out for your self – care if you are someone who has a busy schedule.
- Self – care does not have to be hard it can be done in small steps.
- Try different things and get out of your comfort zone this can help you find hobbies that you will enjoy and allow you to grow through your discomfort.
- Take yourself out on a solo date and treat yourself!



Life is a constant learning curve. There will come moments where you feel like you have it all figured out and then a new hurdle will come however, to have a fulfilled and joyful life the goal isn't to never have experiences that keep you on your toes. The goal is having the right tools to face challenges that come your way and raise up stronger and more empowered.

– Neha Singh