

# Positive Mental Health & Wellbeing

## What is mental health anyway?

Mental health is about more than just the absence of mental illness. Instead, mental health is a state of wellbeing where a person is able to cope with normal stresses in their lives and function well at work, with friends and family and make a contribution to their community.

Of course, part of mental health is also noticing the signs that you may be experiencing difficulty and getting help when needed.

Many experts suggest that wellbeing is built from multiple elements, or building blocks.

Some of these are personal factors, or things you can build, that include:



*"I'm on this weekend course, and you're like, oh wow, I learnt so much. And then you're really on to it for the next month, and you keep those core skills. But it's like with anything, you need to practise and we practice our...technical skills all the time. Maybe we need to practice mental health [skills], or just at least acknowledge it a little bit more."*

*- young volunteer, age 20*

Some of the skills in this mental health guide have also been linked to wellbeing.

This is why it is important to identify your wellbeing building blocks, develop mental health skills to deal with problems as they arise, and know how to identify signs that you may need to seek help and support for your mental health.

The next pages introduce some skills that can help support your mental health to help you care for yourself so you can care for others

## What are some examples of the building blocks in your life that enhance your sense of wellbeing?

The next pages introduce some skills that can help support your mental health to help you care for yourself so you can care for others.

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