

# How we think about Mental Health

AMY MOLLOY DEC 09, 2022 12:53PM UTC

## MENTAL HEALTH - what 3 words or phrases come to mind?

trauma

pts

balance

Emotions, wellness, coping, resilience

work

Resilience

mindfulness

how you feel on the inside

Ability to function in society

support

Physical body reactions to mental illness

Balance

Emotion management

Coping, trauma, feelings

coping mechanisms

stigma

perseverance

Balance

social emotional

self-regulation

Anxiety

Anxiety

Thoughts/feelings

Depression

Anxiety

Stigma

anxiety

Peace

Mindfulness

Priority

self-regulation

**mental health is health**

**social-emotional wellbeing**

**emotions**

Stability

Emotions

Trauma

Depression

**wellness**

**Social emotional wellbeing**

**emotions**

Illness

**Feelings**

**stress**

**Coping skills**

**Mind**

**Emotions**

**PHYSICAL HEALTH - what 3 words or phrases come to mind?**

**strength, nutrition, sleep schedule, diet, good hygiene, rest and relaxation, prioritizing our physical health will help improve our mental health.**

**environment**

community, school, household situation

**medical-overall health & wellness**

**personal time**

rest, relaxation, good night sleep

**strength**

**nutrition**

**weight**

**fitness**

**fitness**

**nutrition, self-care, keeping fit**

**illness**

**blood pressure**

**mental health, challenges, fitness**

**fitness**

**balance**

# Sleep

Exercise  
Hydration

Exercise, diet, sleep

# taking care of the body

## nutrition

Doctor

mental well being

## ability

Biological

## Exercise

Sleep

Food

## Mobility

## diet

Nutrition

## Ability

## Weight

## biology

## Fitness

## Body

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