

Good Mental Health

Pre-reading

Questions:

- What is good mental health?

Definitions:

- Mental – having to do with the mind
- Stress – pressure or strain on the mind and feelings
- Stressor – something that causes stress
- Depressed – to be unhappy, sad, or gloomy
- Challenge – a difficult problem



Reading

16 Do you have good mental health? Mental health is made up of one's thoughts, feelings and
34 actions. How do you think? How do you feel? How do you act? People with good mental health
feel good about themselves and others. They are good to themselves and others.

47 Deb struggled with having good mental health. She was stressed and depressed by the many
62 demands of life. Her recent divorce had been a stressful time for the whole family. Parenting her
79 three young children was challenging.

84 Work outside the home was stressful. Since her divorce, she had been forced to work longer
100 hours at her job. She did not like her housekeeping job. It was hard work, and she did not get
120 along well with co-workers. She was frustrated and unhappy.

129 Deb knew she needed some help. She wanted to be a healthier and happier person. She
145 wanted to be a kinder mom. She wanted to feel good about herself. She wanted to be respected at
164 her job.

166 Deb asked a public health nurse for help. Together they talked about the stressors in Deb's
182 life. The nurse was very helpful. She connected Deb with a local parenting group. She also
198 referred Deb to a mental health counselor. The counselor has helped Deb learn positive ways to
214 cope with her divorce and life's stressors.

221 If you are feeling stressed or depressed, ask for help. Talk with a teacher, public health nurse,
238 job coach, or your doctor. You can get help. You can be a healthier and happier person!

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Understanding

1. What is good mental health? _____

2. What are some stressors in Deb's life? _____

3. What are some stressors in your life? _____

4. Who did Deb go to for help? _____

5. Why did Deb want help? _____

Writing

Choice A: In your own words, write about Deb's mental health and what she did to improve it.

Choice B: Write about your own mental health.
