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

Do you have good mental health? Mental health is made up of one’s thoughts, feelings and 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.

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

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

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

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

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