Haley Madden

Mental Well Being Questions

The 5 steps to mental wellbeing are: Connect, Be Active, Keep Learning, Give to Others, and Be Mindful.

1. (Connect) Do you have a family member or close friend you can turn to in a time of need?

Connecting with those around you is a key to good mental wellbeing. If you are isolated and do not speak to anyone outside of you normal activities, it can affect your mental status negatively.

1. (Be Active) Do you have a specific way you get active to relieve stress? If so give an example. (i.e. cycling, yoga, running, walking, etc.).

According to the National Health Service (NHS) having an active lifestyle is a good way to maintain positive mental wellbeing. Physical activity can relieve stress and lessen the chance of becoming depressed and emotionally distraught.

1. (Keep Learning) Do you ever try to learn new hobbies or do new things?

Learning new skills or improving skills already learned can give you a sense of confidence and accomplishment thus giving you a positive mental wellbeing.

1. (Give to Others) Am I able to maintain a balance of work, family, friends, and other aspects of my life?

Balance is key to being mentally well. A balance between the people in your life (and in the different aspects of your life as listed in the question) reduces stress and anxiety over the management of time when it comes to friends, family, work, school, etc. The more you can to do prevent negative feelings in your life, the less mentally unwell you will be.

1. (Be Mindful) Do you have ways to reduce stress in your life? (Yes/No)

In addition to managing time for other people you must also make time to take care of yourself. If you are mindful of how you are feeling and you try to keep your outlook on life and certain situations positive, it will benefit your mental wellbeing in the long run.