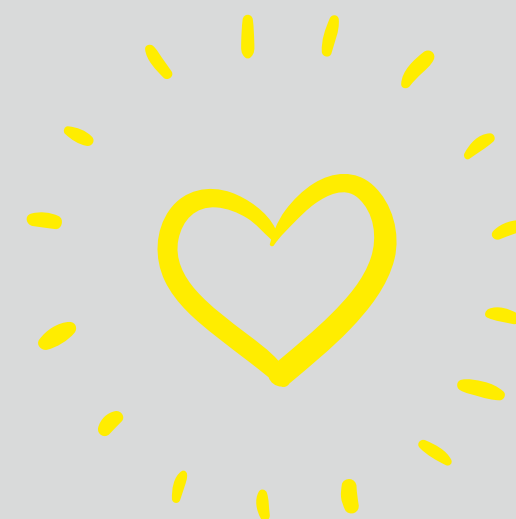




MENTAL HEALTH AND FITNESS



INTRODUCTION TO MENTAL HEALTH

Mental health involves our holistic being this includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices in life.



DEFINITION OF MENTAL ILLNESS

Mental illness is a group of illnesses that may include symptoms that can affect a person's thinking, perceptions, mood or behavior .
example include depression, anxiety, phobias, aggression and Eating disorders.



COMMON CAUSES OF MENTAL ILLNESSES

Some of the common causes of mental illnesses includes the following;

- Neglected trauma.
- Social isolation or loneliness.
- Experiencing discrimination and stigma.
- Social disadvantage or poverty.
- Bereavement (losing someone close to you).
- Severe or long-term stress.
- Having a long-term physical health condition.
- Drug and alcohol misuse.
- Domestic violence, bullying or other abuse



WAYS FOR IMPROVING YOUR MENTAL WELLBEING

The following ways if practiced mindfully can help improve mental wellbeing

- **REGULAR EXERCISE**

According to National Institutes of Health exercise enhance subjective well-being, mitigate stress and negative emotions, and enhance cognitive abilities improving a person's mental state. Exercise causes your brain to release 'feel good' chemicals like endorphins and serotonin that help improve your mood.



The following are the advantages of exercise to mental health:

- Improves memory
- Improve quality of sleep
- Boosts overall mood.
- Reduced stress as well as improved ability to cope with stress.
- Improved self-esteem.
- Pride in physical accomplishments.
- Increased satisfaction with oneself.
- Improved body image.
- Increased feelings of energy

You got this!



Research reveals that sleep problems, a lack of energy, and physical inactivity may lead to a depressed mood that's births other mental illnesses.

• **PRACTICE POSITIVE AFFIRMATIONS DAILY.**



Positive affirmations statements or words used to challenge unhelpful or negative thoughts, motivate self, encourage positive changes, or boost their self-esteem and energy.

Common positive affirmations to say to self always are:

- I am enough.
- I believe in myself.
- I attract positive people into my life.
- I am strong.
- I am the best.
- My say is valuable.
- I have a bright future.
- I am worthy of love, support, and friendship.



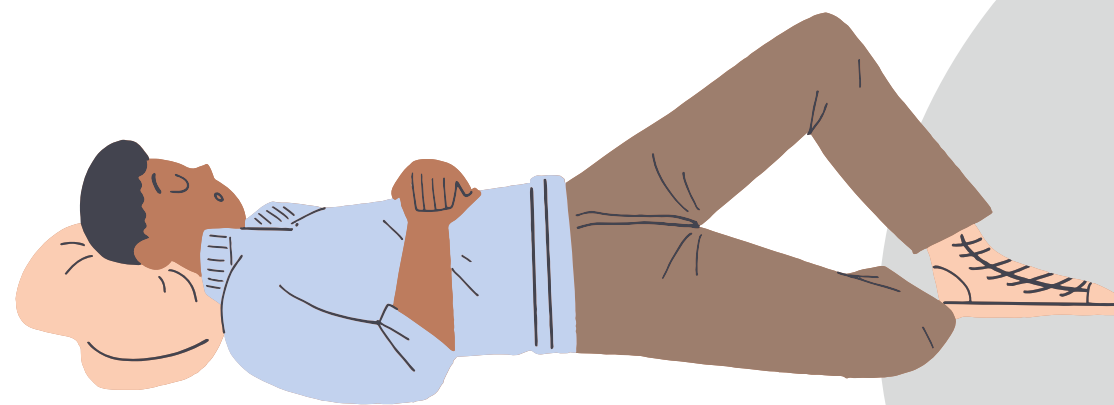
- I have unique gifts and talents.
- I know my worth
- I can do anything I set my mind to.
- I am loved.
- My faith in myself is strong.
- I accept myself for who I am
- I love my body, my mind, my dreams, and my goals.
- I have done difficult things in the past, and I can do them again.
- My voice is powerful.
- I am allowed to feel upset, angry, and sad sometimes—that's part of being human.
- Growth is sometimes bumpy and isn't always linear, but I will stay the course

You are doing
★ GREAT! ★



Other ways for improving your mental wellbeing;

- Spend more time relaxing, engaging in breathing exercise and reduce stress.
- Spend time in nature like walking around the area and hiking
- Spend quality time sleeping.
- Spend time with family and friends and volunteer for causes you genuinely care about.



COMMON MYTHS AND FACTS ABOUT MENTAL ILLNESS



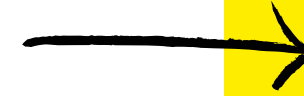
Dispelling myths about mental health can help create awareness, break the stigma and create a culture that encourages people of any age to seek support when they need it. Here are some common misconceptions about mental health

MYTH

Mental health issues can't affect me.

If a person has a mental health condition, it means the person has low intelligence, personality weakness or character flaws.

People with mental illness are violent



FACTS

Anyone is prone to have mental illness once mental health is neglected.

Mental illness, like physical illness, can affect anyone regardless of intelligence, personality, social class, or income level.

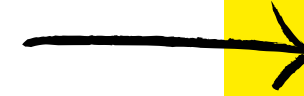
Just like everyone has the tendency to be violent when provoked is same with people living with mental illness with no specific addiction except the people illness is association with aggression.

MYTH

Talking about mental health will only make it worst

People with mental health problems are just seeking attention.

People with mental health needs, even those who are managing their mental health conditions, cannot tolerate the stress or live normal.



FACTS

Everyone with mental health problems needs to speak with a professional to assist in their healing process

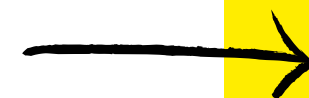
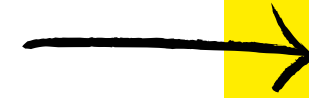
People with mental health problems needs care and support not because they seeking attention but because it will help them cope better.

People with mental health needs who are managing their mental health conditions can tolerate the stress and live normal life.

MYTH

Nothing can be done to protect people from developing mental health conditions.

There is no hope for people with mental illness. Once a friend or family member develops a mental health condition, they will never recover.



FACTS

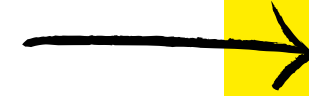
Many factors can protect people from developing mental health conditions, including strengthening social and emotional skills, seeking help and support early on, developing supportive, loving, warm family relationships, and having a positive school environment and healthy sleep patterns.

With proper treatment, love and care anyone living with mental illness can recover.

MYTH

Bad parenting causes mental conditions in people.

I can't do anything for a person with a mental illness or make friend with such person



FACTS

Many factors like poverty, unemployment, violence, and migration can impact caregivers' mental health and their relationships. Both supportive and challenging home environments can affect mental health and development.

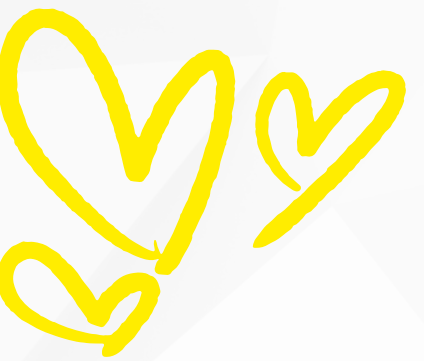
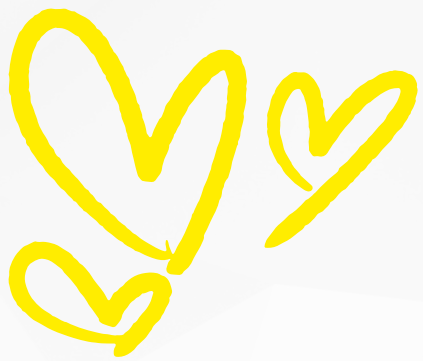
Relationship and friendship can be form with people living with mental illness this will also help in the healing process.

CONCLUSION

LOVE
yourself

Our mental wellbeing is an important aspect of our life and should be considered as important as our physical wellbeing. To achieve a good mental state, staying positive and being fully engaged in ways to improve mental state are important. Also, it is imperative to emphasize the importance of fostering consistent engagement in physical activity to cultivate a well-balanced and health-conscious way of life.





THANK YOU

