

Practicing Good Mental Health



Good mental health, like good physical health, is important to human wellbeing. But what does it mean to be in a state of good mental health?

Good mental health is more than just the absence of diagnosable mental illness. In fact, people with mental illness, just like people with physical illness, can cope with their issue(s) and have periods of relatively good health as they move toward recovery.

People with good mental health are able to

- Appropriately express and modulate their emotions
- Empathize with others and maintain good relationships
- Give and accept emotional support
- Cope with uncertainty, adverse events, and the normal stresses of life

When you are in good mental health, you are able to appreciate the good aspects of life and effectively cope life's disappointments and losses.

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LET US HELP

For free confidential help with a personal concern, please give us a call:

PHONE: 419-475-5338

TOLL-FREE: 800-422-5338

WEBSITE:

<https://www.harbor.org/services/employee-assistance-program>



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