

EMPLOYEE ASSISTANCE PROGRAM



TALLAHASSEE
MEMORIAL
HEALTHCARE

YOUR WELLNESS TIPS
MAY 2024

MENTAL HEALTH AWARENESS MONTH & POSITIVE MENTAL HEALTH

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No less an authority than the World Health Organization has declared that there is no health without mental health. But the absence of a mental health disorder does not necessarily mean that one has positive mental health, just as the absence of cancer does not mean that someone is physically healthy.

What are the characteristics of positive mental health? Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well, work well and contribute to their community. It is an integral component of overall health. It is a basic human right and crucial to overall development.

May is Mental Health Awareness Month and a time to reflect on addressing the challenges faced by millions of Americans living with mental health conditions, as well as how we all can achieve positive mental health.

Mental health is more than the absence of mental disorders and exists on a complex continuum that varies from person to person. Throughout our lives, various factors combine to protect or undermine our mental health and shift our position on the mental health continuum.

Individual factors like emotional skills, substance use and genetics may make some more vulnerable to mental health problems. In addition, exposure to unfavorable social, economic, geopolitical and environmental circumstances like poverty, violence, inequality and environmental deprivation also increase the risk of mental health problems.

While risk can manifest during any stage of life, those that occur during developmentally sensitive periods like early childhood are particularly detrimental such as harsh parenting, physical punishment and bullying.

Despite these risk factors and protective factors, they have only limited predictive strength as most people do not develop a mental health condition despite exposure to risk factors, and many people with no known risk factors can still develop a mental health problem. Nonetheless, the complex interaction of risk and protective factors often go a long way toward determining our overall mental health.

What are some of the factors that can help promote positive mental health?

They can include the following with appropriate affirmations:

1. **Coping well with our emotions:** I boil slowly and calm quickly.
2. **Being able to relate well to others:** I can connect with anyone and everyone.

3. **Having a sense of mastery in meeting the needs of everyday life:** I can cope successfully.
4. **Having positive physical health:** I will embrace a healthy lifestyle.
5. **Improving our resilience:** I embrace and grow from challenges.
6. **Establishing meaningful relationships with others who are supportive in times of need:** People will help me if needed.
7. **Being able to communicate our needs to others in an assertive way and being able to listen to others in a compassionate and understanding way:** I can communicate my needs effectively and hear and appropriately respond when others are in need.

Enhancing one's mental health is a vital consideration in improving the mental health of all of us. Positive mental health will enable us to flourish and get the most that we can in having a fulfilling and productive life.



If you are experiencing personal challenges in your work or life situation, confidential assistance is available through the Employee Assistance Program at Tallahassee Memorial HealthCare. Contact us at 850-431-5190.