

Mental Health & Wellbeing (General)

WORKPLACE
TRAINING
& SUPPORT
SERVICE

What is Mental Health?
Mental Health vs Mental Illness
The Five Spheres of Wellbeing
Holistic Mental Health

What is Mental Health?

Mental health represents the health of our mind; just like physical health represents the health of our body. It is our state of mind and our ability to cope with day to day situations.

The World Health Organisation defines mental health as:

"A state of wellbeing in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his or her community" (WHO, 2014).

Mental Health VS Mental Illness

A distinction needs to be made between mental health and mental illness.

Mental health refers to our overall wellbeing.

Mental illness is a general term that refers to a group of diagnosed conditions. These can vary in duration and severity and impact on how a person feels, thinks, behaves and interacts with others. Common mental illnesses include depression and anxiety disorders.

The Five Spheres of Wellbeing



Physical:
Health of the Body

Emotional:
Feelings about Self and Life

Mental:
Our thoughts, beliefs, values and cognitive abilities

Spiritual:
Connecting to something bigger – not necessarily religion

Environmental:
Relationship with our external world

Holistic Mental Health

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PRACTICAL WAYS
TO LOOK
AFTER YOUR
MENTAL HEALTH



Our mental health is made up of the physical, emotional, mental, spiritual and environmental components. All these parts affect and interact with one another and they are all important in giving us balance and good functioning.