

How Can Mental Health Affect You?

About **1 in 5 people** in the U.S. struggle with their mental health. Symptoms of poor mental health can include **negative thinking, low energy levels, change in mood or behavior, isolation, struggling to cope with stress, changes in sleeping or eating patterns, negative self-talk, and feeling sad or depressed.**

If you suffer from any of the symptoms above, it does not mean you have a mental illness. Poor mental health becomes a mental health disorder (mental illness) when your symptoms become frequent and start to affect your ability to physically function in daily life.

Some common mental illnesses include:

- Anxiety
- PTSD
- Bipolar
- Depression
- ADHD
- Depression
- Schizophrenia
- Eating Disorders
- Addiction

How does it affect your physical health?

Don't be misled by its name - your mental health can affect more than just your mind. It can also affect your behavior and your body. Poor mental health will not only impact your body's ability to make healthy decisions, but it can also increase your risk of chronic diseases like heart disease and other health complications like obesity, weakened immune system, and more.



How do we manage mental health?

Find something that interests you, figure out what feels good, and do it!

1. **Physical exercise:** aerobic activities like running, walking, swimming, cycling, dancing, pickle ball, hiking, basketball, Zumba, Tai Chi, or Yoga (Studies show these activities reduce anxiety and depression and yield better sleep.)
2. Deep breathing and Meditation
3. Finding a Therapist you trust
4. **Gardening:** being outdoors, sunlight (vitamin D)
5. Reading
6. Self-care
7. **Social interaction:** joining a group or club
8. Music
9. Caring for a pet
10. Journaling
11. **Drink Water:** ½ your total body weight in ounces, is the recommended water consumption daily
12. Making goals and striving to achieve them

trueORfalse

How well do you know Mental Health?

- FALSE** Mental health problems don't affect me.
- TRUE** Mental health problems are actually very common.
- FALSE** People with mental health needs, even those who are managing their mental illness, cannot tolerate the stress of holding down a job.
- TRUE** People with mental health problems are just as productive as other employees. Employers who hire people with mental health problems report good attendance and punctuality as well as motivation, good work, and job tenure aligned with or greater than other employees.

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 Information attained from Mental Health.gov

<https://www.mentalhealth.gov/basics/mental-health-myths-facts>. "Lets talk about it."
 and <https://content.acsa.org/mental-health-vs-physical-health/>