

Mental Health	Mental Illness
<p>Definition: State of well-being where a person realizes his/her own abilities, can cope with the normal stresses of life, can work productively, and is able to make a contribution to his/her community</p>	<p>Definition: A health condition that affects a person's thinking, feeling, behavior, or mood that may affect someone's ability to relate to others and function each day</p>
<p>What does Good Mental Health look like? Resilience to stress, empathy, flexibility, optimism, stable relationships, productive behavior, respect for self and others, self confidence, sense of belonging, ability to take care of self and others</p>	<p>What Mental Illness Can Look like? Pulling away from people or usual activities, feeling numb or like nothing matters, feeling hopeless or helpless, experiencing significant mood swings, thoughts of self harm or harm to others, inability to perform daily tasks</p>
<p>Commonly Used Terms: Well-being, mental wellness, emotional health, mental capacity, social/emotional well-being</p>	<p>Commonly Used Terms: Mental disorder, mental health disorder, mental health problems/challenges, emotional problems/challenges, psychiatric illness</p>
<p>Refers to cognitive, behavioral, and emotional well-being</p>	<p>Refers to mental health disorder</p>
<p>Exists on a well-being spectrum</p>	<p>Exists alongside mental health on the well-being spectrum</p>
<p>Promotes sense of fulfillment and contentment</p>	<p>Can require medical diagnosis and treatment</p>
<p>Fluctuates between good and poor</p>	<p>Constantly present until some form of intervention</p>
<p>Just as important as physical health</p>	<p>Variety of different symptoms can be present for same disorder</p>
<p>100% of people have mental health</p>	<p>Not all have mental illness - 1 in 5 adults have mental illness & 1 in 20 have serious mental illness</p>