

▶▶ Mental Health and Wellness

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LOS ANGELES COUNTY
**DEPARTMENT OF
MENTAL HEALTH**
hope. recovery. wellbeing.



WHAT IS MENTAL HEALTH AND WELLNESS?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.

Mental health is important at every stage of life, from childhood and adolescence through adulthood.



▶▶ WHAT IS THE CONNECTION OF MENTAL HEALTH AND WELLBEING?



Having good mental health, or being mentally healthy, is more than just the absence of illness, rather it's a state of overall wellbeing. The concept is influenced by culture, but it generally relates to:

- Enjoyment of life.
- Having the ability to cope with and 'bounce back' from stress and sadness.

▶▶ WELLNESS GOAL FOR MENTAL HEALTH

Healthy Lifestyle Changes

Diet and exercise are closely linked to mental wellness. Picking just one small lifestyle goal can help improve your mental health. Some options include:

- 30 minutes of exercise every day,
- Avoiding alcohol,
- Limiting sugar
- Learn a new healthy recipe



▶▶ EXAMPLES OF MENTAL HEALTH AND WELLNESS

Healthy Lifestyle Changes

Some activities that may improve your mental wellness include:

- Physical activities (hiking, swimming, biking, exercising, etc.)
- Artistic activities (singing, drawing, painting, dancing, etc.)
- Volunteering.
- Enjoying time with friends and family.
- Eating good food.
- Completing personal goals.



►► IMPACT ON MENTAL HEALTH

- Drug and alcohol misuse,
- Domestic violence,
- Bullying or other abuse as an adult,
- Significant trauma (military combat, being involved in a serious incident in which you feared for your life, or being the victim of a violent crime)



▶▶ HOW DOES MENTAL HEALTH AFFECT WELLBEING

- Having good mental health makes life easier.
- It helps us to calm and comfort ourselves when we're upset,
- Allows us to cope with the losses, changes, fears and uncertainties in life,
- Helps us to develop and keep good relationships with others,
- Having good mental health does not mean feeling good all the time.

HOW TO PRACTICE WELLBEING

About Self-Care

- Get regular exercise. Just 30 minutes of walking every day can help boost your mood and improve your health
- Eat healthy, regular meals and stay hydrated
- Make sleep a priority
- Try a relaxing activity
- Set goals and priorities
- Practice gratitude
- Focus on positivity
- Stay connected



5 STEPS TO MENTAL WELLBEING

- Connect with other people. Good relationships are important for your mental wellbeing.
- Be physically active. Being active is not only great for your physical health and fitness.
- Learn new skills
- Give to others
- Pay attention to the present moment (mindfulness)



Questions?



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