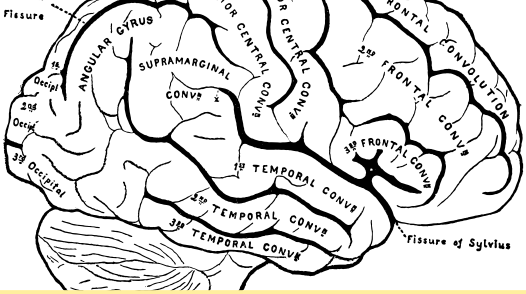
UNDERSTANDING YOUR MENTAL HEALTH



Mental health is a positive state of wellbeing that allows a person to realize their abilities, cope well with stress, work productively, maintain healthy relationships, and thrive.

Mental illness is a diagnosed condition that causes significant disturbance in the way a person thinks, behaves, or interacts with others and their environment.

Our Mental Health is <u>not</u> stagnant! It exists on a continuum.

THRIVING

High energy and optimal functioning. Stable emotions, resilient to normal stresses. Able to maintain healthy routines. Socially engaged and proactive in daily life.

REACTING

Common reversible distress. Mild to moderate anxiety or stress and slight mood swings. Irritability, fatigue, difficulty relaxing, sleep disturbances, sadness. Still able to manage daily activities.

UNWELL

Significant or severe impairment. Low mood and irritability. May have suicidal thoughts. Symptoms impair sleep and daily functioning. Isolation from friends, community, and usual hobbies and activities.

Engage in Self Care and Social Support

Engage Professional Care

PROTECTIVE FACTORS

- Social and emotional skills
- Positive social interactions
- Access to mental health support
- Access to quality education
- Strong community ties
- Decent work

RISK FACTORS

- Poor coping strategies
- Exposure to violence
- Rough childhood experiences
- Lack of access to education
- Lack of community/support
- Lack of access to employment

HEALTHY COPING STRATEGIES



Make a to-do list



Talk with someone who might have a better idea



Work on your time management



Look for solutions online



Give yourself a pep-talk



Distract yourself with music



Exercise



Journal your thoughts

If you're ever feeling overwhelmed, know that you don't have to struggle in silence. **Reach out for help!**

CONNECT WITH US

TO BUILD HOPE AND AWARENESS

+1 (246) 287-5282 | projects@letsunpackitco.com

LET'S UNPACK IT

Mobilizing action to build hope, end stigma, and make mental health a lived reality for Caribbean youth.

www.letsunpackitco.com