



American Foundation of
Counseling Services, Inc.

MENTAL WELLNESS

January is “Mental Wellness Month”

What is mental wellness?

“Mental wellness” is a relatively new concept, with the term identified in this decade. Wellness refers to a holistic approach that embodies the mind, body, and spirit. It is a way of life that maximizes those three areas to give us optimal health and well-being so that we can live our lives more fully. With this idea, our mental wellness cannot be separated from our physical health or our spiritual health; the three work together to create our wellness.

Mental wellness includes a number of different areas: creativity, coping skills, social contacts, nutrition and exercise, spirituality, our identity, and safety to name a few. Several of these areas are highlighted below:

- Enjoying life, living in the here and now, learning from our past and moving forward without dwelling on things that cannot be changed or predicted.
- Having sufficient coping skills to bounce back from difficult life events.
- Having balance in your life, juggling many tasks without getting over-focused on any of them.
- Being mentally active, open-minded, creative and curious.
- Feeling and expressing a range of emotions, being flexible enough to change expectations when needed.
- Developing your strengths to reach your full potential.
- Utilizing positive coping methods, organizing your time, and setting limits
- Developing close relationships, trusting others, and having empathy for others.
- Having a belief that we are more than just our mind and body. Having hope and optimism. Following your moral values. Believing in some type of higher power. Having purpose in your life.

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