

Mental Health and Well-being

Dr. Pathloth Omkar

Assistant Professor

Department of Educational Studies

School of Education

Mahatma Gandhi Central University

Motihari, East Champaran, Bihar-845 401

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Introduction

- ✓ Mental health is important to us all
- ✓ Mental health is how someone is feeling in their mind
- ✓ Good mental health is about feeling positive about individuals life and being able to cope with problems, issues, circumstances etc..
- ✓ We call good mental health mental wellbeing

Mental Health and Well-being

- WHO's definition of health: "A state of complete physical, mental and social well-being, and not merely the absence of disease"
- Mental Health refers to a broad array of activities directly or indirectly related to the mental well-being component
- It is related to the promotion of well-being, the prevention of mental disorders

What is illness?

- Within a clinical context, mental illness can be defined as a clinically recognizable set of symptoms (relating to mood, thought, or cognition) or behavior that is associated with distress and interference with functions (that is, impairments leading to activity limitations or participation restrictions)

Mental illness

- Problems associated with mental illness which if not addressed result in severe disadvantage, continued dependence on mental health treatment and crisis services, and which severely curtail the ability of the individual to live independently in the community to their fullest potential.

What is Normality?

- Do you think you're normal?
- How do you decide?
- Felt sometimes Not Normal?
- What are the differences between Normal and Abnormal?

Why study Normal Adaptation?

It Helps in Many Ways:

- Aid in living a more satisfactory life
- Help in managing stress more effectively
- Helps in learning the difference between Normal and Abnormal

What is Normal Behavior?

Informal Definitions:

- "happiness"
- "maturity"
- "naturalness"
- "feeling whole"
- "following God's will"

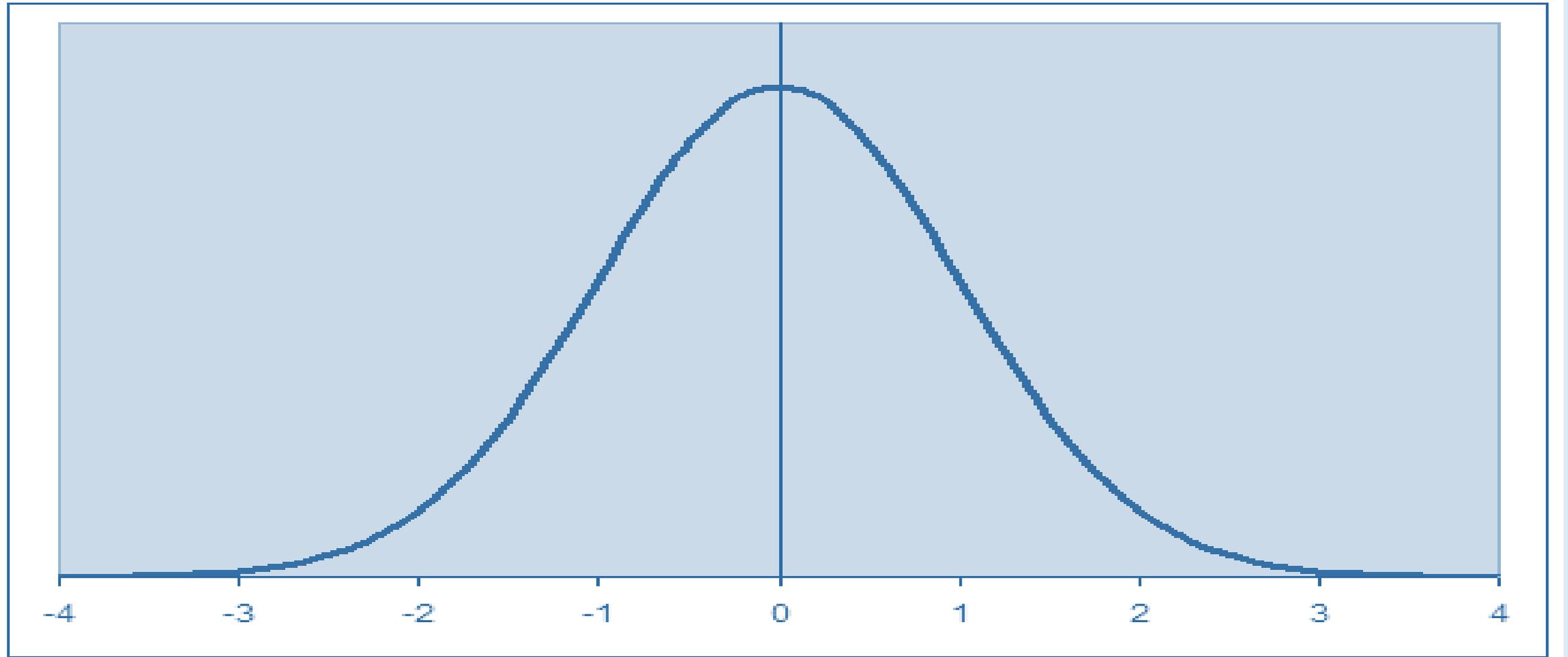
Three formal ways of Defining

1. Mental Health Perspective:

- Follows Medical Model
- Absence of disease is taken as index of normality

(But, it is similar to explaining the light as the absence of darkness.)

2. Statistical Perspective:



Statistical Perspective Represents

- People in the middle are close to Normal

(But, people towards the end are not necessarily abnormal)

3. Ideal Perspective

The Conception of Normality is opposite to “absence-of-disease” model

I) Marie Jahoda - A Pioneer, defined as

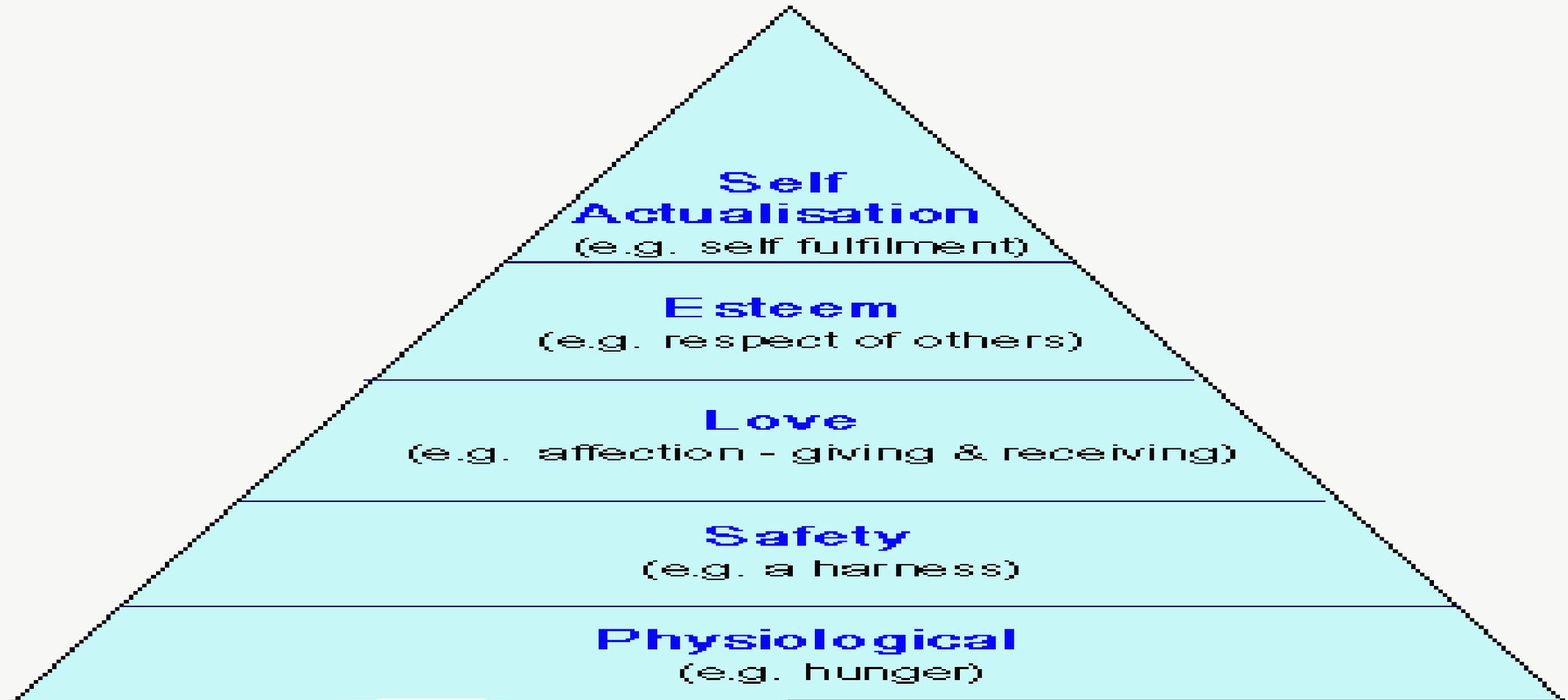
a) Understand and accept themselves realistically

b) View the surrounding world accurately

Ideal Perspective cont....

- c) Be free of inner conflicts, and be able to manage stress effectively
- d) Develop basic Physical, Intellectual, Social competencies to master the environment
- e) Self-reliance and know what they want from life
- f) Move towards Self-fulfillment

2) Abraham Maslow (1970) – defined as



Maslow's Hierarchy of Needs

Some psychologists have added a further layer for Beliefs and Spirituality

Need

Motivation to Satisfy
Need



..... Challenging Projects. Opportunities for Innovation
..... and Creativity. Learning at a High Level.

..... Important Projects, Recognition of Strength-
..... Intelligence, Prestige and Status.

..... Acceptance, Group Membership. Association
..... with Successful Team. Love and Affection.

..... Physical Safety, Economic Security. Freedom
..... from Threats, Comfort, Peace.

..... Water, Food, Sleep, Warmth, Health,
..... Exercise

Maslow's Hierarchy of Needs



Characteristics of Self-actualized Individuals

- Ability to see reality clearly
- Undisturbed by wishes or preoccupations
- Solve Problem without anxiety
- Creative, Spontaneous
- Focus on the ends as well as means
- Open to new experiences
- Sense of kinship with all human kind
- Above the racial/national boundary

Why defining Normality is Hard?

- Little information has been published about normal behavior
- Enormous difference exists between cultures and races

The Five Ways to Wellbeing



5 Ways to Wellbeing

Connect

Connecting with others improves emotional wellbeing

Examples:

- ✓ Spending quality time with friends and family
- ✓ Talking to your neighbours/colleagues
- ✓ Making connections with your community
- ✓ Getting involved e.g. local community groups
- ✓ Use your local library to find out what groups run locally
- ✓ Join in with a social activity
- ✓ Social media

Be Active

Research indicates exercise reduces anxiety and lifts mood

Examples:

- ✓ Walking
- ✓ Cycling
- ✓ Joining a gym/take up a local exercise class
- ✓ Taking the stairs instead of the lift
- ✓ Engaging in activities with family and/or friends

Take Notice

Mindfulness is 'being in the here and now'

Examples:

- ✓ Tap into your senses (smell, touch, taste, hear)
- ✓ Observe nature (birds, weather, seasons)
- ✓ Quiet time
- ✓ Relax (breathing exercises, meditation)
- ✓ Visit open spaces
- ✓ Why not try visiting a local park and enjoy being surrounded by natural beauty

Keep Learning

Learning promotes self-esteem

Examples:

- ✓ Sign up for a course
- ✓ Take up a hobby or rekindle an old one!
- ✓ Try a new recipe
- ✓ Take part in activities of interest
- ✓ Watch a YouTube tutorial video
- ✓ Take up learning a new skill

Give

Volunteering (especially amongst older people) has a strong impact on positive mood and increased meaning in life. Acts of kindness have an immediate positive effect

Examples:

- ✓ Smile and say hello to neighbours
- ✓ Give complements
- ✓ If you have spare time, volunteer and help people out
- ✓ Be a good listener to others
- ✓ Practice random acts of kindness

References

- The Bedfordshire Clinical Commissioning Group
- www.bedford.gov.uk

Thank you