

Your Mental Health

Mental health refers to your psychological, emotional, and social well-being. Good mental health does not mean that you feel happy all the time: It's when you're in touch with and aware of your own thoughts and feelings. You can cope with everyday stress and difficult life events, all while living a fulfilling and meaningful life. Although everyone feels uncomfortable emotions at times or goes through moments of stress, good mental health means being able to move through that distress with self-care, hope, and connection to others.

Everyone should be aware of the need to take care of their mental health, just as they take care of their physical health. However, some people experience more mental health concerns than others. Whatever impacts your own mental health—biology, stresses of daily life, traumatic and difficult life experiences, or poor relationships with others—you can help improve your own mental health through positive coping and support from others.

Good mental health is an ongoing process, not a one-time goal that you reach and take for granted. There may be ups and downs as you experience different stresses or forget to put your tools into action, but you can always recommit to working on your own mental health. As you spend more time understanding who you are, expressing yourself, practicing self-care, and connecting in meaningful relationships, your mental health will continue to improve and strengthen.

In this journal, we will explore four pillars of mental health:

- **Learn to regulate your emotions and reactions.** This includes understanding your feelings and thoughts, identifying triggers, and accepting emotions without dwelling in negativity or