

CHARACTERISTICS OF MENTALLY HEALTHY PERSON

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Characteristics of mentally healthy Person

- Ability to make Adjustments
- Sense of Personal worth and important
- Solves Problems by own and makes decision
- Has sense of personal Security and feels secure in a group
- Understand people's Problems and Motives
- Has sense of Responsibility
- Can give and Accept love



Shows Emotional Maturity
and Tolerate Frustrations and Disappointments

Lives in a world of Reality rather than Fantasy

Has developed Philosophy of life and gives meaning and purpose

Has variety of Interests and generally lives a well balanced life of work, rest and recreation

Warning Signs of Poor Mental health

- IN YOUNGER CHILDREN
- Changes in School Performance
- Poor grades
- Excessive worrying or Anxiety
- Hyperactivity
- Persistent Nightmares
- Persistent Disobedience
- Aggressive Behavior
- Temper Tantrums.

IN OLDER CHILDREN AND ADOLESCENTS

- Abuse Drugs or Alcohol
- Inability to cope up
- Changes in sleeping and eating
- Defying Authority, skipping school Stealing or damaging Property
- Intense Fear Gaining weight
- Long lasting Negative Mood with Poor Appetite and thoughts of Death
- Frequent outbursts of Anger

IN ADULTS

- Confused Thinking
- Long lasting sadness or Irritability
- Extreme highs and lows in mood
- Excessive fear, worrying or Anxiety
- Social withdrawal
- Dramatic Changes in Eating and sleeping
- Strong Feelings of anger

Delusions or Hallucinations

Increasing Inability to cope up

Thoughts of suicide

Denial or obvious problems

Unexplained physical Problems

Abuse drugs or Alcohol