



“Optimal Mental Health”

When a doctor examines a patient and discovers normal lab results, physical exam and an absence of symptoms, that person can be declared healthy. Through an examination of attitudes, thought processes and symptoms, a mental health professional can also make a determination of someone’s emotional or mental well-being. One of the most frequently asked questions whether in a professional or social situation is “Do you think this is normal?” Some traits and habits of positive mental health include:

- Ability to identify and communicate feelings
- Healthy support system (having close friends or family that encourage and listen)
- Involvement in community or faith-based groups that help foster a positive belief system
- Optimistic or hopeful expectations
- Ability to adapt to changing conditions—a sense of resiliency
- Occasional peak experiences
- Increased sensitivity to others rather than self-absorption
- Regular physical activity
- Quick recovery from challenges (ability to let go of the past)
- An attitude of gratitude
- Sense of humor
- Desire for growth and renewal

Many of the common expressions of being burned out, too busy, overwhelmed or exhausted are all indicators of how normal or common it is for people to feel miserable. When did this become the standard for normal? Is this the norm that you want? Many people are seeking help for these conditions through anti-depressant medications, 80% of which are prescribed by doctors other than psychiatrists. Maximum results can be achieved through the complementary treatment provided by a therapist so that lifestyle, thinking habits, stress management skills and self-image can be improved. It is important that the underlying cause of depression be discovered for real healing to occur. Healing is not just the lessening of symptoms but reaching optimal health.

A healthy organization—whether a marriage, a family or a business corporation—is not one with an absence of problems, but one that is actively and effectively addressing or healing the problems.” M. Scott Peck, MD

This speaks to the resiliency of the human spirit to renew, recover, heal and be restored to a position that is stronger than before. The psychologically resilient person has learned to be adaptive and optimistic in adversity.



Positive mental health can be learned. Your body responds to your thoughts, emotions and actions. Words are powerful-think of them as the code that runs a computer program. Negative self-talk influences mood and the amount of stress perceived on your body. People with positive attitudes generally enjoy life more and are healthier, making a quicker recovery from adversity and illness